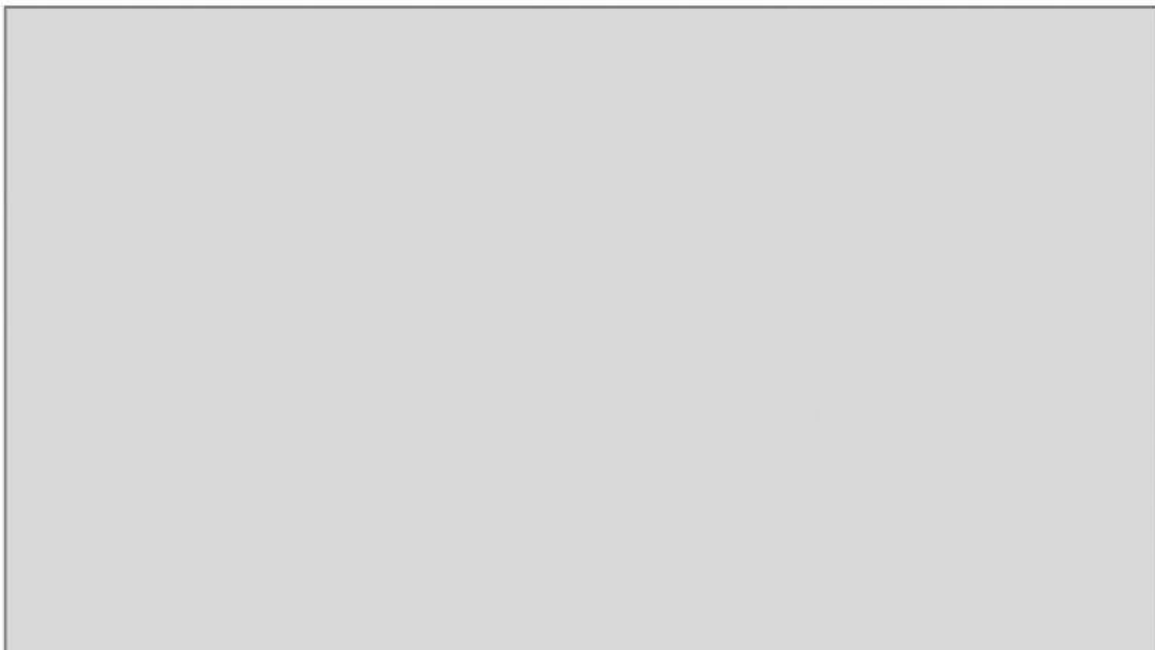


CODEPENDENCY

1. Take 5 minutes to read [this article](#) and understand what codependency is. Do this task on your own.
2. What are your takeaways/insights from the article? What does a codependent relationship typically look like?
3. Watch this video to understand even more about codependency. This video will illustrate some real-life situations and provide examples. Watch it together (if there are no technical issues) or on your own (if setting up screen sharing is complicated).



4. What are your takeaways/insights from the video? What are the signs that you're in a codependent relationship?
5. As you learned from the article and the video, codependent relationships have *the giver* and *the taker*. Try to describe their psychological portraits (typical behaviors and/or character traits that *the giver* and *the taker* show/possess).

THE GIVER	THE TAKER

6. Why does *the giver* feel the need for self-sacrifice in such relationships?

7. Talk about your experience or the experience of your friends.

- Have you ever been in a codependent relationship? Were you *the giver* or *the taker*?
- Are there codependent couples in your circle of friends? What is their relationship like?

8. How can a codependent relationship be fixed?

9. What should a healthy relationship look like?

Illustrate your point.

- Is there any example of a healthy relationship from a movie or a TV series that you can think of?
- Are there any celebrity couples that inspire you?
- Are there such couples in your circle of friends?

10. Can codependency ever be okay? Why (not)?