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for the most part emotional dependence doesn't pave the way toward healthy relationships emotionally dependent people typically need a lot of reassurance and support from their emotional dependency refers to an individual's reliance on another person for emotional support validation and a sense of identity it often involves an intense need for constant reassurance and fear of abandonment emotional dependency happens when someone believes they need another person to feel complete and happy there's a huge difference between love and emotional dependency when you're in a dependent relationship you feel that you need that person to survive and not in a healthy way emotional dependency is when a person believes they need another person to survive to be happy or to feel complete love is easily confused with emotional dependency because they both usually come with intense feelings around another person emotional independence is the ability to regulate your emotions and still feel good about yourself even when difficult situations present themselves it is also the practice of being able to regulate your emotions without seeking constant approval attention and validation from another person emotional dependence manifests when your mood and happiness seem to be controlled by someone else it's an emotional rollercoaster where you're not the one in the driver's seat but what does this really look like in daily life in unhealthy relationships with overly emotional dependency individuals base their happiness on their partner's success and their unhappiness on their partner's failures emotional dependency and depression often go hand in hand overcoming emotional dependency is actually a fairly straightforward proposition but that doesn't mean it's easy to do especially when your self image and confidence are both in the tank emotional dependency happens when an individual believes they need another person to be happy and feel complete there's a big difference between being in love and emotional dependency when you're in an emotionally dependent relationship you feel that you need another person to survive and not in a healthy way emotional dependency can be difficult on you and on your relationships but there are numerous ways in which you can reclaim your emotional independence our how to guide will help you break out of that dependency so you can rebuild healthier relationships having a certain amount of emotional dependency on your partner is normal that is by its nature hardly dysfunctional however when it's excessive it ceases to be healthy not for you your emotional dependency can be described as an excessive reliance on others for emotional fulfillment and a sense of self worth it arises when an individual places their happiness validation and overall emotional well being solely in the hands of another person pervasive and debilitating emotional dependence can indicate the presence of personality disorders a person with borderline personality disorder has an obsessive fear of abandonment struggles with emotion

regulation sees their partner as an object to fulfil their needs and suffers from chronic feelings of emptiness emotional dependency also known as codependency is a pattern of behavior where you excessively rely on others for your emotional well being it often leads to toxic relationships that can be damaging to your mental and emotional health one sign of emotional dependency is constantly seeking validation from others emotional dependency occurs when you become overly attached to another person when you depend on them you start to feel bad when they don't meet your expectations the good news is that you can overcome emotional dependence here are three steps to help you break emotional dependency how to stop being emotionally dependent table of contents key points finding a balance between depending on your partner and standing on your own can be a struggle healthy dependency involves a willingness to be vulnerable admit flaws and explore a emotional dependence is a real challenge and a real difficulty to overcome it takes a great deal of courage to tap into the strengths that help us get beyond our need for others but it's emotional dependency is arguably a secure path towards being unhappy it jeopardises our well being and that of those close to us in more ways than one high levels of stress and anxiety poor self care and vulnerability to abuse are merely a few companions of emotional dependency 9 minutes emotional dependency according to experts is a kind of addiction to relationships that cause us suffering it's a way of connecting with the other person due to a need to be loved and not from a desire learn more about this concept and how you can overcome it emotional dependency is an unhealthy pattern of behavior and attachment in which one person is heavily dependent on another person to meet their emotional needs and feel complete it doesn't occur only in romantic relationships as it can manifest itself in different ways affecting any type of interpersonal bond

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