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learn how to recognize and overcome codependency also known as doormat syndrome a condition that makes you put others needs before your own find out the signs causes and steps to change your behavior and regain your self worth do you feel like a doormat pleasing others at your own expense learn how to practice assertive communication to respect yourself and others and get your needs met what are some of the reasons that we might feel like others are walking all over us making us feel like a doormat a doormat is someone who lets others treat them badly doesn't express their own needs and doesn't stand up for themselves if people often use you take you for granted or expect you to go along with whatever they want to do this guide can help award winning mental health expert dr lalita suglani compiled a list of eight signs that indicate that you may be a doormat in your relationships doormats hate to see their loved ones upset or stressed and take the burden upon themselves whenever possible they almost never say no even when they do not want to do something they put themselves out for others while receiving little or no appreciation or compensation 1 are you giving in to avoid confrontation or because you think it's worth the compromise if you find yourself giving in to avoid confrontation this is a dead ringer for doormat behavior you're not being nice you're avoiding standing your ground you're giving in due to fear doormat usually have body symptoms of tight shoulders and stiff necks from letting other lean on them the body literally act out the tension pattern of carrying the world on its shoulders being a doormat is never easy people pleasers expend so much energy meeting others needs that they lose sight of what they want from life they're often seized by the disorienting feeling that they're not in control of breaking free overcoming the doormat syndrome overcoming doormat syndrome discover the doormat syndrome and learn how to break free from it explore the maybe sometimes a doormat is just a doormat but it also might not be quite that simple lori's anxiety mounted as the day of her surgery came closer but her anxiety had little to do with the passive style how to overcome the doormat syndrome by lucio buffalmano 14 minutes of reading the passive communication style sometimes also referred to as submissive style is a specific approach to interpersonal relationships characterized by a pattern of weak boundaries unassertiveness and submission the doormat syndrome a friend of mine is one of the sweetest people you'll ever meet and he would do anything to help a friend in need unfortunately people who realize that this friend is a victim of the doormat syndrome are people pleasers who usually are very concerned about what others think of them they do their best to make everyone happy but usually end up feeling miserable building a team of providers to help you get the right diagnosis is an important early step in your rare disease journey providers on your diagnostic team may have advanced medical training in different body systems or types of diseases which helps them to provide diagnostic procedures in their area of expertise if you have ever given to the point of exhaustion felt dumped on or ripped off and puzzled to find yourself coming back for more if you are involved with people who don't appreciate you if you equate love with doing for others you may be experiencing the doormat syndrome are you a people pleaser addicted to dysfunctional love overachieving suppresses the imposter syndrome for a time sometimes years but couple the

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