

	Codependency <i>A collaborative act where both people feel respected and valued</i>	Compromise <i>Involves a pattern of over-functioning for someone else at the cost of your own well-being</i>
Needs	Self-sacrifice: One person consistently prioritizes the other's needs at the expense of their own.	Balanced: Both parties' needs, desires, and boundaries are considered.
Autonomy	Identity or self-worth becomes tied to the relationship or the other person's well-being.	Each person maintains a strong sense of self and makes choices willingly.
Power	Imbalance: One person often gives more while the other takes more.	Healthy give and take: Sometimes you give a little; sometimes they do. Neither person feels consistently drained or overextended.
Motivation	Fear-based: Actions are driven by a need for validation, approval, or fear of rejection.	No fear of repercussions: Decisions aren't driven by fear of conflict, abandonment, or guilt.