



You may be in a relationship with an **ADDICT, ALCOHOLIC, OR NARCISSIST IF...**

LOW SELF-ESTEEM

You feel like you have lost your identity and are unsure how to find yourself again.



UNABLE TO SET BOUNDARIES

Setting boundaries may be difficult or feel impossible.

SURVIVAL MODE

You may feel like you are just surviving, unable to take care of yourself by trying to take care of others.

CHALLENGING COMMUNICATION

Problems are rarely solved even when trying to communicate effectively.

UPS AND DOWNS

You may feel as though your relationship is a roller coaster ride and you're not sure why or what to do about it.

At *Independently Strong*, we address all of this and help **YOU** on your healing journey.

