



"Rescuing is an addiction that comes from an unconscious need to feel valued. After all, society always celebrates the Savior!"

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SOUNDS LIKE

- Let me help you.
- I'm sorry you _____
- You poor thing.
- You need to tell me how you are feeling.
- Tend to sound parental (caretaking), quickly flips into Villain/Critic Role
- Unsolicited advice to feel useful
- Apologizing for things that are not directly your fault

FEELS LIKE

- Urge to 'blend' and 'save' others from emotions (enmeshing)
- Over-responsible, resentful, exhausted, anxious, burdened or parental
- Despise feeling guilt or 'not needed'
- Tend to feel taken advantage of and CODEPENDENT
- Incessant need to 'help' others, even when others need to be responsible for themselves (enabling)
- Hypervigilant, mind-reading instead of taking others words at face value
- Assuming you know others needs and wants instead of asking
- Don't recall knowing or clearly stating your real needs and wants yet expect others to know (and if they don't you feel unloved and in Hurt)
- Destroys attraction in intimate relationships