

Recognizing the Signs & Symptoms of

*A
Broken
Identity*

People Pleasing
Fear
Spirit of doubt
Feelings of inadequacy and insecurity
Repeating the same cycle of bad choices again and again
Inability to set safe life and relationship boundaries
Frequent feelings of jealousy
Worry that weaves throughout daily life
Extreme emotional ups and downs
Inability to dream of the future
A dislike of self
Perfectionist behaviors
Anxiety or anxious feelings
Burdened by guilt
Negative though life
Rescue mentality.
Codependent behaviors
Trust issues
Struggle to accept compliments
Joy is infrequent
Depressive symptoms
Unhealthy relationships
Others take advantage of or frequently unkind to you
Moods are reflected by social media likes and/or friendships
Driven by the attention or accolades of others
Frequent gossiping
Difficulty welcoming new people into circles of friendship