



## Show Notes

*Don't have time to listen to the full episode? Don't sweat it. Everything you need is below!*

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### Episode Description:

In this episode Terri teaches us about codependency, boundaries, perfectionism and love.

### About Terri Cole:

Terri Cole is a licensed psychotherapist and global leading expert in female empowerment, meditation, relationships, and wellbeing. For two decades, Terri has worked with some of the world's most well-known personalities from international pop stars to Fortune 500 CEOs.

She empowers over 100,000 women weekly through her platform, her signature courses Real Love Revolution and Boundary Bootcamp, online community + popular podcast, The Terri Cole Show.

She has been featured as an expert therapist and master life coach on A&E's Monster In-Laws, TED X, Real Housewives and more. Plus, she regularly writes for The Huffington Post and has been featured in Italian Elle, Forbes, Vogue, Self, and others.

### Episode Links:

- [Terri Cole's Website](#)
- Instagram: [@terricole](#)
- [Real Love Revolution YouTube Channel](#)
- [Crushing Codependency Course](#)
- [Terri Cole Show \(podcast\)](#)
- [Perfectly Imperfect Podcast Episode on the Terri Cole Show](#)
- [Codependent or Caring Episode on the Terri Cole Show](#)

## **Episode Topics and Time Codes:**

3:20: Terri Cole's Career Path (running a by-coastal talent Agency, becoming a licenced psychotherapist, and becoming a global leading expert in relationships and well-being)

5:20: The desire to help people

9:50: The impact of your family of origin

14:00: Defining codependency

20:50: Finding stability as an empath

28:00: Helping others so our own pain will stop

35:40: Indicators/signs of codependency

38:40: How to free yourself from codependency

39:30: How indecisiveness is connected to codependency, perfectionism, and anxiety

46:50: Relationship expectations versus standards (building fulfilling relationships)

55:30: Rapid Fire