

Cassandra Boduch of PsychPlus Quoted on “Savior Complex”

SELF-IMPROVEMENT

Do You Have a Savior Complex? What to Do Next

By [LaKeisha Fleming](#) | Updated on December 13, 2023

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“Someone has a savior complex if they have a desire or control to assist people so much that they might neglect their own well-being to do so. The term describes someone who feels they have a mission to fulfill based on what they consider their special capabilities,” explains Cassandra Boduch, MD, Chief Medical Officer, [PsychPlus](#). “A savior complex can also be known as a messiah complex or white knight syndrome,” she adds.