

What is Co-Dependency?

These patterns and characteristics are offered as a tool to aid in self-evaluation. Codependency is a word used to describe a complicated aspect of the human condition. Codependency has many faces and shows up differently for different people. This check off list should help you begin to understand your codependency and may aid you by determining what traits need attention and transformation.

Please check each statement that resonates with you. If one word keeps the statement from being true for you, change that word.

Denial Patterns

1. ___ I have difficulty identifying what I am feeling.
2. ___ I minimize, alter, or deny how I truly feel.
3. ___ I perceive myself as completely unselfish and dedicated to the well-being of others.

Low Self-Esteem Patterns

1. ___ I have difficulty making decisions.
2. ___ I judge everything I think, say, or do harshly, as never "good enough."
3. ___ I am embarrassed to receive recognition and praise or gifts.
4. ___ I do not ask others to meet my needs or desires.
5. ___ I value others' approval of my thinking, feelings, and behaviors over my own.
6. ___ I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns

1. ___ I compromise my own values and integrity to avoid rejection or others' anger.
2. ___ I am very sensitive to how others are feeling and feel the *same*.
3. ___ I am extremely loyal, remaining in harmful situations too long.
4. ___ I value others' opinions and feelings more than my own and am often afraid to express differing opinions and feelings of my own.
5. ___ I put aside my own interests and hobbies in order to do what others want.
6. ___ I accept sex when I want love.

Control Patterns

1. ___ I believe most other people are incapable of taking care of themselves.
2. ___ I attempt to convince others of what they "should" think and how they "truly" feel.
3. ___ I become resentful when others will not let me help them.
4. ___ I freely offer others advice and directions without being asked.
5. ___ I lavish gifts and favors on those I care about.
6. ___ I use sex to gain approval and acceptance.
7. ___ I have to be "needed" in order to have a relationship with others.

Characteristics of the Codependent

1. ___ We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves. This in turn has enabled us not to look too closely at our faults.
2. ___ We “stuff” our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts too much.
3. ___ We are isolated from and afraid of people and authority figures.
4. ___ We have become addicted to approval and/or excitement (crisis) and have lost our identity in the process.
5. ___ We are frightened by angry people and any personal criticism.
6. ___ We live from the viewpoint of victims and are attracted by that weakness in our love and friendship relationships.
7. ___ We judge ourselves harshly and have a low sense of self-esteem.
8. ___ We are dependent personalities who are terrified of abandonment. We will do anything to hold on to a relationship in order not to experience painful abandonment feelings which we received from living with people who were never there emotionally for us.
9. ___ We experience guilt feelings when we stand up for ourselves instead of giving to others.
10. ___ We confuse love and pity and tend to “love” people we can pity and rescue.
11. ___ We are reactors in life rather than actors.
12. ___ We have either become chemically dependent, compulsive under- or over – eaters, etc.; married one or both; or found another compulsive personality, such as a workaholic, to fulfill our compulsive needs.