

7 Ways to Avoid Codependency in Your Relationships - Worksheet

What is codependency?

Codependency is a broad term and it can manifest in a variety of ways. Below are some of the most common symptoms of codependency. You don't need to have them all to consider yourself codependent. I find it's helpful to think of codependency on a spectrum – some of us experience more symptoms and distress due to our codependent traits than others.

Which of these symptoms of codependency do you have?

- You feel responsible for other people's feelings and choices; try to rescue, fix, make them feel better, or solve their problems.
- You feel frustrated and resentful when others don't want your help or advice.
- You derive a sense of purpose from taking care of others.
- Your relationships can have an obsessive quality.
- You have difficulty accepting help.
- Your fear of abandonment and rejection result in people-pleasing and tolerating mistreatment.
- You're hard-working, overly responsible, and may give to the point of exhaustion or resentment.
- You have perfectionist tendencies.
- You have trouble saying "no", setting boundaries, being assertive, and asking for what you need/want.
- You routinely prioritize other people's needs and wants above your own; don't practice self-care routinely and feel guilty when you do.
- You're afraid of conflict.
- You have difficulty trusting and being emotionally vulnerable.
- You suppress or numb your feelings and absorb other people's feelings.
- You have low self-esteem, feel unlovable, or not good enough.
- You want to feel in control and have a hard time adjusting when things don't go according to plan or the way you want.

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