

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.

Codependent No More Printable

Ensheng Dong



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Codependent No More Printable Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Codependent No More Printable**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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