

Avoiding Codependency Worksheet

Part I: Talk about your codependent relationship(s)

| | |
|--|----------------------------|
| Name: <input type="text"/> | Date: <input type="text"/> |
| Are you in a codependent relationship with someone? With whom? | |
| If you work through your problems, do you think your relationship will change for the better? If so, explain how so. | |
| Why do you think you're in a codependent relationship with that person? Identify the factors. | |
| Make sure to explain in detail the factors that make you think/indicate that you are in a codependent relationship. Factors include: <ul style="list-style-type: none">- There is an obsession for a relationship on either side?- You (or the other party) have a tendency to be controlling, consciously or unconsciously- You have an unhealthy, sometimes desperate need for approval and acknowledgment- You have abandonment issues- There's no good sense of intimacy or even boundaries between you and the other(s)- There is poor communication between you and the other(s)- Either or both parties are lying/not honest about how they feel- or any other reason you can think of | |
| Would you like to improve your relationship so it doesn't become codependent, put it on break, or end it completely? Explain. | |
| Indicate what your ideal is for your relationship. Would you like it to improve? Would you like to put it on hold until either part resolves their issues? Or would you rather end the relationship completely. Try to explain yourself as best as you can. | |
| Depending on your choice, what would you feel in the coming days, weeks, months, or years? | |
| Since you're making a choice here, what do you think would you feel after? Would you feel inspired to make your relationship better? Would you be inspired to be better if you decide to put it on hold? Would you feel sad and happy at the same time if you choose to end it? | |

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