

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

Melody Beattie



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Codependent No More Melody Beattie, 2009-06-10 In a crisis it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If like so many others you've lost sight of your own life in the drama of tending to someone else's, you may be codependent, and you may find yourself in this book. *Codependent No More*: The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency, charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency: The Language of Letting Go, Stop Being Mean to Yourself*, *The Codependent No More Workbook*, and *Playing It by Heart*.

Codependent No More Melody Beattie, 1986-09-01 In a crisis it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If like so many others you've lost sight of your own life in the drama of tending to someone else's, you may be codependent, and you may find yourself in this book. *Codependent No More*: The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency, charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency: The Language of Letting Go, Stop Being Mean to Yourself*, *The Codependent No More Workbook*, and *Playing It by Heart*.

Codependent No More Workbook Melody Beattie, 2011-03-09 This highly anticipated workbook will help readers put the principles from Melody Beattie's international best-seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve-Step interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling exercises and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits.

developing a support system through healthy relationships with others and a higher power experiencing genuine love and forgiveness and letting go and detaching from others harmful behaviors Whether fixated on a loved one with depression an addiction an eating disorder or other self destructive behaviors or someone who makes unhealthy decisions this book offers the practical means to plot a comprehensive personalized path to hope healing and the freedom to be your own best self

The Language of Letting Go Melody Beattie,2003-01-31 Fear shame anger self doubt Helping people let go of self destructive thoughts emotions and behaviors has been the life work of acclaimed author Melody Beattie For more than a decade millions of readers have turned to Beattie s classic meditation book *The Language of Letting Go* as a wellspring for daily reflection affirmation and change Now the journal edition of this best seller features the entire original meditation text in a format that affords room for readers to record their thoughts fears and accomplishments Key features and benefits Beattie s work is known and trusted among self help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author Melody Beattie is the author of numerous books about personal growth and relationships drawing on the wisdom of Twelve Step healing Christianity and Eastern religions With the publication of *Codependent No More* in 1986 Melody became a major voice in self help literature and endeared herself to millions of readers striving for healthier relationships She lives in Malibu California *Mademoiselle* ,1992 **The Language of Letting Go** Melody Beattie,2025-06-03 REVISED AND UPDATED WITH A NEW PREFACE AND NEW MEDITATIONS This gentle and profound collection of 365 meditations reminds us that letting go is a daily practice that sets everything free from the author of *Codependent No More* This cherished work by Melody Beattie was written for those on a journey of recovery and healing a companion to her classic *Codependent No More* It was the daily journey that I wanted to write about Beattie notes in the preface to this new edition Of the many healing behaviors I ve learned to practice letting go in all its shapes and forms is the most influential profound and life altering Drawing on her own life experiences and struggles with codependency Beattie offers a thought to guide us through each day of the year and to encourage us to take small meaningful steps toward renewal courage and resilience Every day affords an opportunity for growth she reminds us and with this wise and compassionate book she lights the way

Beyond Codependency Melody Beattie,2025-12-30 Melody Beattie author of the 1 New York Times bestseller *Codependent No More* turns her attention to what comes after codependency mastering the art of self care You re learning to let go to live your life free of the grip of someone else s problems And yet you realize that the long journey of recovery has only just begun With her signature insight and humanity Melody Beattie brings to light the aftermath of codependency in all its complexity A guided tour past the pitfalls of recovery *Beyond Codependency* is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you recognize that you have a life to live It is about what comes next In simple straightforward terms Beattie takes you beyond codependency into the realm of recovery

and relapse family of origin work and relationships surrender and spirituality With personal stories hard won wisdom and meditative exercises this timeless book imparts lessons in overcoming shame building self esteem healing from deprivation and breaking free of damaging patterns in order to flourish in healthy lasting relationships

Summary, Analysis, and Review of Melody Beattie's Codependent No More Start Publishing Notes,2017-11-07 PLEASE NOTE This is a key takeaways and analysis of the book and NOT the original book Start Publishing Notes Summary Analysis and Review of Melody Beattie s Codependent No More How to Stop Controlling Others and Start Caring for Yourself includes a summary of the book a review analysis key takeaways and a detailed About the Author section PREVIEW Melody Beattie s Codependent No More is a self help book for families and loved ones of people with alcohol and chemical dependency People who have loved ones with addictions are called codependents Codependents are focused on taking care of and helping an addict to such an extent that they lose touch with their own goals lives and emotional needs Codependents are not usually addicts themselves They often feel that they do not need help since they are not the ones who are sick and are not the ones who are behaving badly However codependency leads to great unhappiness anger and guilt and can make it very difficult for codependents to function or to have healthy relationships even if a loved one becomes sober Having a loved one who is an addict leads to long lasting trauma Codependents need help to address this trauma [CodependentNoMoreGiftEdition](#)

Beattie Melody,2014-10-30 **Codependents' Guide to the Twelve Steps** Melody Beattie,1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings

Codependent No More Workbook Natasha Morgan,2025-05-04 Break Free Heal Deeply Reclaim Your Life Are you tired of losing yourself in relationships constantly trying to fix others while your own needs go unmet The Codependent No More Workbook is your guided companion to stop the cycle of codependency rebuild self worth and set healthy boundaries once and for all Inside this empowering workbook you ll discover Practical exercises to identify codependent patterns and stop people pleasing behaviors Insightful reflections to help you understand your emotional triggers and core wounds Boundary building tools that teach you how to say no without guilt and yes to yourself Real life scenarios and prompts to help you practice self care and emotional detachment Progress tracking check ins so you can celebrate each step toward independence and healing Whether you re just beginning your journey or continuing the work this workbook provides the structure encouragement and clarity to support your transformation

Codependent No More - Summarized for Busy People Goldmine Reads,2022-09-20 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Is someone else s problem your problem You may be codependent and you may find yourself in this book Codependent No More if like so many others you ve lost sight of your own life in the drama of caring for someone else s This modern classic by one of America s most popular

and inspiring authors is the key to understanding codependency and breaking free from its suffocating hold on your life Codependent No More is an easy to understand map of the complicated world of codependency It shows the way to freedom and a lifetime of healing hope and happiness with helpful life stories personal reflections exercises and self tests Wait no more take action and get this book now [Summary, Analysis & Review of Melody Beattie's Codependent No More by Eureka](#) Eureka,2015-08-30 Summary Analysis Review of Melody Beattie s Codependent No More by Eureka Codependent No More by Melody Beattie is a self help book that explains codependency and how to overcome it Originally published in 1986 it was written before codependency was fully acknowledged in the mental health profession This companion to Summary Analysis Review of Melody Beattie s Codependent No More by Eureka includes Overview of the book Important People Key Takeaways Analysis of Key Takeaways and much more [Codependent No More Melody Beattie,2022 Revised and Updated with a New Chapter on Trauma and Anxiety a List of Resources and More](#) Over 7 Million Copies Sold The cultural phenomenon that has helped heal millions of readers this modern classic holds the key to understanding codependency and unlocking its hold on your life As heard on Glennon Doyle s We Can Do Hard Things podcast Melody Beattie s compassionate and insightful look into codependency the concept of losing oneself in the name of helping another has guided millions of readers toward the understanding that they are powerless to change anyone but themselves and that caring for the self is where healing begins Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to a loved one s self destructive behavior you may be codependent and you may find yourself in this book With personal reflections exercises and instructive stories drawn from Beattie s own life and the lives of those she s counseled Codependent No More helps you break old patterns and maintain healthy boundaries and offers a clear and achievable path to healing hope freedom and happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long felt necessary to address within the context of codependency making it even more relevant today than it was when it first entered the national conversation over 35 years ago [Summary of Codependent No More](#) Readtrepreneur Publishing,2019-05-24 Codependent No More How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie Book Summary Readtrepreneur Disclaimer This is NOT the original book but an unofficial summary Personal reflections exercises and more to help you be fully independent and happy Do you think that happiness is derived from other people or a specific individual Melody Beattie explains why this is a really toxic train of thought that can really jeopardize your well being but if you suffer from codependency do not be afraid Codependent No More is a great way to work in your issues and improve as a human being Note This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way Furthermore worrying about people and problems doesn t help It doesn t solve problems it doesn t help other people and it doesn t help us It is wasted energy Melody Beattie A book that has influenced over a million people and has helped them improve as human beings Codependent No More is so effective that is increasingly

being prescribed by mental health professionals for different patients with different types of relationships Melody Beattie's *Codependent No More* was the foundation for her new twelve step program called *Codependents Anonymous* to focus further on the issue and give even more alternatives to help you be happier P S *Codependent No More* is an extremely helpful book that will aid you get rid of your codependency issue and help you evolve as a human and reach a state of pure bliss The Time for Thinking is Over Time for Action Scroll Up Now and Click on the Buy now with 1 Click Button to Download your Copy Right Away Why Choose Us Readtrepreneur Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again This book is meant for a great companionship of the original book or to simply get the gist of the original book *Summary: Codependent No More* Summary Station,2016-06-01 *Codependent No More* How to Stop Controlling Others and Start Caring for Yourself SummaryBook Preview Melody Beattie's self help book *Codependent No More* explains the characteristics of codependency and how people can work to overcome it This book was published in 1986 and was written at a time when codependency was not fully recognized by the medical community and mental health organizations Codependency can be defined as emotional or psychological dependence on another person A codependent person who is in a relationship with an addict can develop many defensive behaviors as they try to control that person and whatever issues arise as a result of the relationship This person can be a spouse friend or family member Unfortunately this often can result in the codependent person becoming so hyper focused on the addicted person that they lose control of their own life Therefore although it may not seem to be the case it is not the chemically dependent partner who needs healing from the pain of addiction but the codependent person who needs healing The codependent partner is in just as much pain and needs just as much healing from their own addiction the addiction of trying to control the chemically dependent person This is a summary and analysis of the book and NOT the original book This Book Contains Summary Of The Entire Book Chapter By Chapter Breakdown Analysis Of The Reading Experience Download Your Copy Today

Codependent No More Grace Bennett,2021-04-23 An estimated 90% of the American population have been labelled as codependent to some extent continue reading to find out more Codependency is defined by an excessive reliance on a partner person or significant other emotionally psychologically either physically or spiritually or holistically It leads to the continued and self limiting need for support further leading to depression illness or addiction Low self esteem and self worth are characteristics of both codependency and depression Living through these types of relationships can transform your whole life for the worse without you even realizing it that's why it's important to have the information you need to be empowered to break the pattern In this book the author Grace Bennett guides you through your journey to freedom and self love looking at the main self limiting and sabotaging behaviors in codependency and the key ways to overcome them Talking about transcending behaviors patterns habits and reactions Showing you how to let go of things that keep you stuck in a cycle of codependency and the sadness pain trauma and self guilt that accompanies it Grace Bennett helps you to Discover how to

Recognize the signs of a codependent relationship Become less dependent on what others think of you Set healthy boundaries and limits with others Manage anxiety caused by arguments Put less time and energy into unhealthy relationships Create a balance between your partner's needs and how much you sacrifice Gain a sense of self sufficiency Express your own needs and feelings Practice self care If you are wondering whether you are in a codependent relationship and want to unlock the secret of how to let go escape your cycle of codependency and create your own happiness then scroll up and click the Add to Cart Button

Let Go Now Karen Casey, 2022-07-26 Meditations and Reflections to Help End Codependence In 200 short straightforward daily lessons illustrating the many forms that detachment can take in one's life Casey's latest is an easy reference guide for those seeking recovery or peace Publishers Weekly 1 New Release in Personality Disorders and Twelve Step Programs Do you ever feel like you might be giving other people too much power over your mood Do you find yourself feeling immobilized by expectations and demands The cure for facing codependence says Karen Casey is detachment Control your life by letting go When we remove codependent behavior from our lives we discover a life of balance and freedom Whether you find yourself tempted to become enmeshed in other people's problems or rushing to their rescue Casey reminds us to stop controlling behavior that we cannot control anyone or anything beyond ourselves What is codependency and detachment Inside you'll find gems of insight for every stage of your codependence recovery journey Through 200 recovery meditations and reflections Casey explores how to set boundaries control emotions face attachment issues in adults and more Inspirational and easy to read *Let Go Now* guides us away from taking care of others and toward taking care of ourselves If you're looking for a codependent book or an attachment book like Melody Beattie books *The Power of Letting Go* *Codependent No More* or *The Language of Letting Go* book you'll love *Let Go Now* [Codependent No More](#) Andrei Nedelcu, 2021-01-03 Do you want to get rid of codependent traits although you are not a religious person or you didn't grow up or live in an alcoholic environment Have you ever been reprimanded for not having the courage to handle things on your own and having the tendency to depend too much on other people If the answer to these two questions is YES I think you are in the right place Why do I say this If you want to develop autonomy and self esteem to have quality relationships and trust in what you do it is fundamental to understand what the problems are and what can be done to overcome them The strategies described in this book can undoubtedly help you take the necessary steps to understand how codependent traits appear and keep being maintained and ultimately the specific steps you need to take to completely change how things currently are Usually in codependent relationships there are many negative emotions such as guilt anger depression shame or inadequacy All these intense emotions forbid true joy and satisfaction in the relationships we have with others It is important to deal with this type of emotion and start expressing your thoughts feelings and needs This book addresses and provides crucial guidance on topics like What are the specific fingerprints of codependency Why we tend to almost always step into codependent relationships When does codependence become a real problem How to stop being a people pleaser and start to

say NO when you want to say NO Three of the best ways to develop positive emotions One of the most powerful strategies to make codependent traits disappear How and why you need to start developing your autonomy right now One of the most attractive mindfulness exercises Five golden principles to overcome codependent traits And Much Much More In the truest sense freedom cannot be bestowed it must be achieved Franklin D Roosevelt Cognitive behavioral therapy is considered to be the most effective form of psychotherapy The hard preparation over the years helped me to understand the problem in a much clear way and to approach it as pragmatically as possible If you are a person who is willing to make an effort to make your dreams come true this book will be very useful to you The strategies described here can be applied very well by people who are not religious or do not necessarily have an alcoholic partner So it s not about religion and it s not about alcoholism either Here you won t find either opinions or ideas accidentally invented at night It is an extremely practical book specific applicable and anchored in the specialized literature Therefore if you want to give your mind a chance to break free from the gripes of codependence and thus regain your autonomy scroll up and click Add to cart Now **Codependent No More & Beyond Codependency** Melody Beattie,1997

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