

## 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 Pdf Printable

**M Lipman**



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## **Table of Contents Codependent No More Pdf Printable**

1. Understanding the eBook Codependent No More Pdf Printable
  - The Rise of Digital Reading Codependent No More Pdf Printable
  - Advantages of eBooks Over Traditional Books
2. Identifying Codependent No More Pdf Printable
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Codependent No More Pdf Printable
  - User-Friendly Interface
4. Exploring eBook Recommendations from Codependent No More Pdf Printable
  - Personalized Recommendations
  - Codependent No More Pdf Printable User Reviews and Ratings
  - Codependent No More Pdf Printable and Bestseller Lists

5. Accessing Codependent No More Pdf Printable Free and Paid eBooks
  - Codependent No More Pdf Printable Public Domain eBooks
  - Codependent No More Pdf Printable eBook Subscription Services
  - Codependent No More Pdf Printable Budget-Friendly Options
6. Navigating Codependent No More Pdf Printable eBook Formats
  - ePub, PDF, MOBI, and More
  - Codependent No More Pdf Printable Compatibility with Devices
  - Codependent No More Pdf Printable Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Codependent No More Pdf Printable
  - Highlighting and Note-Taking Codependent No More Pdf Printable
  - Interactive Elements Codependent No More Pdf Printable
8. Staying Engaged with Codependent No More Pdf Printable
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Codependent No More Pdf Printable
9. Balancing eBooks and Physical Books Codependent No More Pdf Printable
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Codependent No More Pdf Printable
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Codependent No More Pdf Printable
  - Setting Reading Goals Codependent No More Pdf Printable
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Codependent No More Pdf Printable
  - Fact-Checking eBook Content of Codependent No More Pdf Printable
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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