

What is Codependency?



Signs and Symptoms of Codependency

Codependency involves a habitual system of thinking, feeling, and behaving toward ourselves and others that can cause pain.

Codependents feel an uncontrollable urge to help others when they have a problem. Codependent behaviors are self-destructive:

- Codependents frequently react to people who are destroying themselves; they react by learning to destroy themselves. These habits can lead into, or keep the person in, destructive relationships that don't work.
- These behaviors can sabotage relationships that may otherwise have worked.
- These behaviors can prevent the person from finding peace & happiness with the most important person in their lives... themselves.
- These behaviors belong to the only person we can change... ourselves.

Characteristics of Codependent Persons

Ask yourself, **am I codependent?**

You look at yourself and you think 'no, I am a loving, caring individual who is trying to help the addict in my life.' This is true, you are a loving, caring individual. And you ARE trying to help the alcoholic/addict overcome their addictions. But, are you caring about you? Are you loving and caring toward the person who needs it the most – yourself?

The following are key characteristics of Codependent behavior. Do you see yourself in any of these?

- Codependents think and feel responsible for other people – for other people's feelings, thoughts, actions, choices, well-being & lack of well-being.
- Codependents feel anxiety, pity, and guilt when other people have a problem.
- Codependents feel compelled – almost forced – to help that person solve the problem, such as offering unwanted advice, giving a rapid-fire series of suggestions, or fixing feelings. Codependents fear the loss of control & always feel that they know best.
- Codependents are apprehensive about letting events & consequences happen.
- Codependents feel angry when their help isn't effective.
- Codependents anticipate other people's needs & wonder why others don't do the same for them.
- Codependents obsessively think & worry about others. They are always checking up on others & trying to catch them doing something wrong.

- Codependents don't know what they want and need, or if they do, tell themselves what they want and need is not important.
- Codependents feel safest when giving & guilty when somebody gives to them.
- Codependents feel sad because they spend their whole lives giving to other people & nobody gives to them.
- Codependents find themselves attracted to needy people & find needy people attracted to them.
- Codependents feel bored, empty, and worthless if they don't have a crisis in their lives, a problem to solve, or someone to help.
- Codependents abandon their routine to respond to or do something for somebody else.
- Codependents overcommit themselves. Feel harried and pressured.
- Codependents feel angry, victimized, unappreciated, and used.



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