

## PATTERNS IN CODEPENDENCY

What is Codependency?

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers as they begin to understand codependency and may aid those who have been in recovery awhile to determine what traits still need attention and transformation.

	YES	NO
<b>DENIAL PATTERNS:</b>		
I have difficulty identifying what I am feeling.	_____	_____
I minimize, alter, or deny how I feel.	_____	_____
I perceive myself as completely unselfish and dedicated to the well being of others.	_____	_____
<b>LOW SELF ESTEEM PATTERNS:</b>	_____	_____
I have difficulty making decisions.	_____	_____
I judge everything I think, say or do harshly, as never "good enough."	_____	_____
I am embarrassed to receive recognition and praise, or gifts.	_____	_____
I do not ask others to meet my needs or desires.	_____	_____
I value other's approval of my thinking, feelings, and behaviors over my own.	_____	_____
I do not perceive myself as loveable or worthwhile person.	_____	_____
<b>COMPLIANCE PATTERNS:</b>		
I compromise my own values and integrity to avoid rejection, or the anger of others.	_____	_____
I am very sensitive to how others are feeling and somehow feel the same.	_____	_____
I am extremely loyal, remaining in harmful situations too long.	_____	_____
I value others' opinions and feelings more than my own and am often afraid to express differing opinions and feelings of my own.	_____	_____

**YES**      **NO**

I put aside my own interests and hobbies in order to do what others want.

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I accept sex when I want love.

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**CONTROL PATTERNS:**

I believe most other people are incapable of taking care of themselves.

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I attempt to convince others of what they “should” think and how they “truly” feel.

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I become resentful when others will not let me help them.

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I freely offer others advice and directions without being asked.

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I lavish gifts and favors on those I care about.

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I use sex to gain approval and acceptance.

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I have to be “needed” in order to have a relationship with others.

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