

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

E Durkheim



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Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Codependent No More Printable**

In a world inundated with displays and the cacophony of immediate interaction, the profound power and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, located within the musical pages of **Codependent No More Printable**, a charming work of fictional elegance that pulses with raw feelings, lies an unforgettable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this enchanting opus courses visitors on a psychological odyssey, delicately revealing the latent possible and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect its captivating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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