

Codependency Worksheet

Am I Codependent?

Objectives: To enable an individual to identify if he is codependent on someone.

Instructions: From the below-mentioned symptoms of codependency

Lack of trust	
Anger	
Dependent on others	
Controlling	
Caretaking	
Repression	
Obsession	
Denial	
Disconnected self	
Relationship problems	
Weak boundaries	
Sex issues	
Poor communication	
Need for approval	
Shame and doubt	