

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Codependency Therapy

Which of these symptoms of codependency do you have?

- ☐ Your fear of abandonment and rejection result in people-pleasing and tolerating mistreatment.
- ☐ You have perfectionist tendencies.
- ☐ You have difficulty accepting help.
- ☐ You routinely prioritize other people's needs and wants above your own; don't practice self-care routinely and feel guilty when you do.
- ☐ Your relationships can have an obsessive quality.
- ☐ You suppress or numb your feelings and absorb other people's feelings.
- ☐ 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.
- ☐ You feel frustrated and resentful when others don't want your help or advice.
- ☐ You have low self-esteem, feel unlovable, or not good enough.
- ☐ You have trouble saying "no", setting boundaries, being assertive, and asking for what you need/want.
- ☐ You're afraid of conflict.
- ☐ You feel responsible for other people's feelings and choices; try to rescue, fix, make them feel better, or solve their problems.
- ☐ You have difficulty trusting and being emotionally vulnerable.
- ☐ You derive a sense of purpose from taking care of others.
- ☐ You're hard-working, overly responsible, and may give to the point of exhaustion or resentment.