

Patterns and Characteristics of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation for both newcomers and those who have been in recovery a while.

Often	Never	Some -times	DENIAL PATTERNS:
			I have difficulty identifying what I am feeling.
			I minimise, alter or deny how I truly feel.
			I perceive myself as completely unselfish and dedicated to the wellbeing of others.
			I lack empathy for the feelings and needs of others,
			I label others with my own negative traits.
			I can take care of myself without any help from others.
			I mask my pain in various ways such as anger, humour or isolation.
			I express negativity or aggression in indirect and passive ways.
			I do not recognize the unavailability of people I am attracted to.

Often	Never	Some -times	LOW SELF-ESTEEM PATTERNS:
			I have difficulty making decisions.
			I judge what I think, say or do harshly as never good enough.
			I am embarrassed to receive recognition, praise or gifts.
			I value others' approval of my thinking, feelings and behaviour over my own.
			I constantly seek recognition that I think I deserve.
			I have difficulty admitting that I made a mistake.
			I need to appear to be right in the eyes of others and even lie to look good.
			I am unable to (or do not) ask others to meet my needs and desires.
			I do not perceive myself as a valuable and loveable person.
			I perceive myself as superior to others.
			I look to others to provide my sense of safety.
			I have difficulty getting started, meeting deadlines and completing projects.
			I have trouble setting healthy priorities.

Often	Never	Some -times	COMPLIANCE PATTERNS:
			I am extremely loyal, remaining in harmful situations too long.
			I compromise my own values and integrity to avoid rejection or anger.
			I put aside my own interests in order to do what others want.
			I am hypervigilant regarding the feelings of others and take on those feelings.
			I am afraid to express my beliefs, opinions and feelings when they differ from those of others.
			I accept sexual attention when I want love.
			I make decisions without regard to the consequences.
			I give up my truth to gain the approval of others or to avoid change.

Often	Never	Some -times	CONTROL PATTERNS:
			I believe most people are incapable of taking care of themselves.
			I attempt to convince others what to think, do or feel.
			I freely offer advice and direction to others without being asked.
			I become resentful when others decline my help or reject my advice.
			I lavish gifts and favours on those I want to influence.
			I use sexual attention to gain approval and acceptance.
			I have to be needed in order to have a relationship with others.
			I demand that my needs be met by others.
			I use charm and charisma to convince others of my capacity to be caring and compassionate.
			I use blame and shame to emotionally exploit others.
			I refuse to cooperate, compromise or negotiate.
			I adopt an attitude of indifference, helplessness, authority or rage to manipulate outcomes.
			I use terms of recovery in an attempt to control the behaviour of others.
			I pretend to agree with others to get what I want.

Often	Never	Some -times	AVOIDANCE PATTERNS:
			I act in ways that invite others to reject, shame or express anger towards me.
			I judge harshly what others think, say or do.
			I avoid emotional, physical or sexual intimacy as a means of maintaining distance.
			I allow my addictions to people, places and things to distract me from achieving intimacy in relationships.
			I use indirect and evasive communication to avoid conflict or confrontation.
			I diminish my capacity to have healthy relationships by declining to use all the tools of recovery.
			I suppress my feelings or needs to avoid feeling vulnerable.
			I pull people toward me, but when they get close, I push them away.
			I refuse to give up my self-will to avoid surrendering to a power that is greater than myself.
			I believe displays of emotion are a sign of weakness.
			I withhold expressions of appreciation.