

A Checklist of Symptoms Leading to Codependent Relapse:

Codependent : A Person who has let someone else's behavior affect him or her and is obsessed with controlling others behaviour

Denial Patterns:

I have difficulty identifying what I am feeling

I minimize, alter, or deny how I truly feel.

I perceive myself as completely unselfish and dedicated to the well-being of others.

Low Self-esteem Patterns:

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 others' approval of my thinking, feelings, and behaviors over my own.

I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns:

I compromise my own values and integrity to avoid rejection or others' anger.

I am sensitive to how others are feeling and 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.

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

Control Patterns:

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

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

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

I freely offer others advice and directions without being asked.

I lavish gifts and favors on those I care about.

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

from: STEPPING STONES to Recovery from Codependency Katie C & Deb M. Glen Abbey Books