



How to Stop Being Codependent

This worksheet will help you sort through 11 signs of codependency (put together by Julia Kristina) so that you can identify which behaviors you are either willing to change or willing to accept in both you and the other party.

Sign #1 - You feel responsible for solving the other person's problems.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
- If it describes you, is it a behavior you are willing to change? What one action will you start with?
- If it describes the other party, is it a behavior you are willing to accept? If not, you need to talk to that person ASAP. Let me know if you need some tips!



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Sign #2 - You find it almost impossible to say no to the other person, and you feel extreme guilt if you do.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #3 - You've become resentful because the other person doesn't recognize how much you are giving up for them.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
- If it describes you, is it a behavior you are willing to change? What one action will you start with?
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Sign #4 - You need to feel in control all of the time.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #5 - You have a hard time identifying your own needs and feelings because they have become so linked to the other person's needs and feelings.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #6 - You have a hard time trusting yourself because you have lost your own opinions.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #7 - You worry that the other person will give up on you if you mess up so you expect perfection from yourself.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #8 - You value your self-worth based on your ability to save or fix the other person.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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- If it describes the other party, is it a behavior you are willing to accept? If not, you need to talk to that person ASAP. Let me know if you need some tips!

A large, empty white rectangular area with rounded corners, intended for writing notes or examples related to the sign.



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Sign #9 - To hold on to the relationship, you compromise your wants and needs and conform to what the other person needs you to be.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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Sign #10 - You will do almost anything to make the other person feel better even if it puts your health or safety at risk.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
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A large, empty white rectangular area with rounded corners, intended for writing a response to the sign.

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Sign #11- You've come to believe that the other person cannot live without you.

- Does this describe: You -or- Other Party -or- Neither
- Write down a specific example of this behavior.
- If it describes you, is it a behavior you are willing to change? What one action will you start with?
- If it describes the other party, is it a behavior you are willing to accept? If not, you need to talk to that person ASAP. Let me know if you need some tips!