

## **EPISODE 7 CO-DEPENDENCY TAKE AWAY**

### **QUESTIONS TO SEE IF YOU ARE CO-DEPENDENT**

Are you unhappy with your relationship but you are afraid to leave? Do you depend on someone for approval? Is your relationship one sided? Are you giving more then receiving from your relationship? Do you make sacrifices for your partner's happiness? Are you super clingy? Are you unable to find satisfaction in your life outside of a specific person? Do you find it difficult to say no to the person who is taking up your time and energy? Do you constantly worry about other's opinions of you? Do you keep quiet to avoid arguments? If you answered yes to any of these questions, you may be in a co-dependent relationship.

### **CO-DEPENDENT PERSONALITIES**

- Having difficulty making decisions in a relationship.
- Having difficulty identifying your feelings.
- Having difficulty communicating in a relationship.
- Valuing the approval of others more than valuing yourself.
- Lacking trust in yourself and having poor self-esteem.
- Have an unhealthy dependence on relationships, even at your own cost.
- Having an exaggerated sense of responsibility for the actions of others.

- Having fears of abandonment or an obsessive need for approval.
- Feeling overly responsible for other people's feelings and/or behaviors.
- Having difficulty expressing your feelings, i.e. I am feeling happy, sad, hurt, angry etc.
- You tend to fear and or worry how others may respond to your feelings.
- Have difficulty in forming and/or maintaining close relationships.
- Afraid of being hurt and/or rejected by others.
- You are a perfectionist and place too many expectations on yourself and others.
- Tend to minimize, alter or even deny the truth about how you feel.
- Other people's actions and attitudes tend to determine how you respond/react.
- Tend to put other people's wants and needs first.
- Fear of other's feelings (anger) determines what you say and do.
- Question or ignore my own values to connect with significant others.
- Value other's opinions more than my own.
- Your self-esteem is bolstered by outer/other influences. You can't acknowledge good things about yourself.
- Your serenity and mental attention is determined by how others are feeling and behaving.
- Tend to judge everything you do, think, or say harshly, by someone else's standards, nothing is done right, said or thought "good enough".

From Co-Dependents Anonymous, 1988