

Recovery Patterns of Codependence

	Codependence	Recovery
Denial Patterns	I have difficulty identifying what I am feeling.	I am aware of my feelings and identify them, often in the moment.
	I minimize, alter, or deny how I truly feel.	I embrace my feelings as being valid and important. I am truthful with myself.
	I perceive myself as being completely unselfish and dedicated to the well-being of others.	I keep the focus on my own well-being. I know the difference between caring and caretaking.
Low Self-Esteem Patterns	I have difficulty making decisions.	I trust my ability to make effective decisions.
	I judge everything I think, say, or do harshly, as never "good enough."	I accept myself as I am. I emphasize progress over perfection.
	I am embarrassed to receive recognition, praise, or gifts.	I feel appropriately worthy of the recognition, praise, or gifts I receive
	I do not ask others to meet my needs or desires.	I meet my own needs and wants when possible. I reach out for help when it's necessary and appropriate.
	I value others' approval of my thinking, feelings, and behavior over my own.	I have confidence in myself. I no longer seek others' approval of my thoughts, feelings, and behavior.
	I do not perceive myself as a lovable or worthwhile person.	I recognize myself as being a lovable and valuable person.
Compliance Patterns	I compromise my own values and integrity to avoid rejection or others' anger.	I am rooted in my own values, even if others don't agree or become angry.
	I am very sensitive to how others are feeling and feel the same.	I can separate my feelings from the feelings of others.
	I am extremely loyal, remaining in harmful situations too long.	I am committed to my safety and recovery work. I leave situations that feel unsafe or are inconsistent with my goals.
	I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.	I respect my own opinions and feelings and express them appropriately.
	I put aside my own interests and hobbies in order to do what others want.	I consider my own interests first when asked to participate in another's plans.
	I accept sex when I want love.	My sexuality is grounded in genuine intimacy and connection. I know the difference between lust and love.
Control Patterns	I believe most other people are incapable of taking care of themselves.	I realize that, with rare exceptions, other adults are capable of managing their own lives. My job is to let them.
	I attempt to convince others of what they "should" think and how they "truly" feel.	I accept and value the differing thoughts, feelings, and opinions of others.
	I become resentful when others will not let me help them.	I feel comfortable when I see others take care of themselves.
	I freely offer others advice and directions without being asked.	I am a compassionate and empathic listener, giving advice only if directly asked.
	I lavish gifts and favors on those I care about.	I carefully and honestly contemplate my motivations when preparing to give a gift.
	I use sex to gain approval and acceptance.	I feel loved and accepted for myself, just the way I am.
	I have to be "needed" in order to have a relationship with others.	I develop relationships with others based on equality, intimacy, and balance.

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