



WHAT IS CODEPENDENCE?

- **My good feelings about who I am stem from being loved by you**
- **My good feelings about who I am stem from receiving approval from you.**
- **Your struggle affects my serenity. My mental attention focuses on solving your problems or relieving your pain.**
- **My mental attention is focused on pleasing you.**
- **My mental attention is focused on protecting you.**
- **My self-esteem is bolstered by solving your problems.**
- **My self-esteem is bolstered by relieving your pain.**
- **My own hobbies and interests are put aside. My time is spent sharing your interests and hobbies.**
- **Your clothing and personal appearance are dictated by my desires as I feel you are a reflection of me.**
- **Your behavior is dictated by my desires as I feel your are a reflection of me.**
- **I am not aware of how I feel. I am aware of how you feel.**
- **I am not aware of what I want - I ask what you want. I am not aware - I assume.**
- **The dreams I have for my future are linked to you.**
- **My fear of rejection determines what I say or do.**
- **My fear of your anger determines what I say or do.**
- **I use giving as a way of feeling safe in our relationship.**
- **My social circle diminishes as I involve myself with you.**
- **I put my values aside in order to connect with you.**
- **I value your opinion and way of doing things more than my own.**
- **The quality of my life is in direct relation to the quality of yours.**