Patterns in Codependency

What is Codependency?

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers as they begin to understand codependency and may aid those who have been in recovery a while to determine what traits still need attention and transformation.

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 other's 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 very 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.
- I accept sex when I want love.

Control Patterns:
- I believe most other 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 use sex to gain approval and acceptance.
- I have to be "needed" in order to have a relationship with others.