

Are You Codependent?

- 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 reliving 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 reliving 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 you 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
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