



Codependency Signs

Mark the ones you recognize for yourself. There are no right answers. Be honest with yourself. Number your top 10 after you have marked all that apply to you.

Protecting them from the consequences of their actions	
Overextension in work or outside activities	
Care Taking (Enabling)	
Concealing behaviors (yours or theirs)	
Feeling self-doubt or fear	
Trying to Control Them or feeling unable to trust them	
Trouble or inability communicating your feelings to them	
Feeling Anger or Resentment towards them	
Seeking Approval through Helping	
Decreased Self Esteem because you didn't help	
Neglecting other relationships	
Saying you won't tolerate behaviors, then tolerating them.	
Rationalizing behaviors (yours or theirs)	
Denying there's a problem (with you or them)	
Decreased ability to work or function	
Overlooking certain behaviors	
Believing that if they changed, all problems would disappear.	
Intense mood swings from high to low	
Obsessing (where are they, are they okay, who	





are they with)	
Craving them	

Total: / 20

Next Steps: After you number your top ten, list the example that made you relate to it. Do as many as you can.

