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Cbt worksheets for codependency

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Boundary Exploration

Think about a person, or a group of people, who you struggle to set healthy boundaries with. This could mean that your boundaries are too rigid (you keep this person at a distance, too porous (you open up too much), or there's some other problem that isn't so easily labeled. **Who do you struggle to set healthy boundaries with?** (e.g. "my husband" or "coworkers")

In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it might mean setting limits and saying "no" when you don't want to do something.

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you've established healthy boundaries?

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This page provides you with codependency worksheets. Codependency worksheets help individuals identify if they are codependent on others. These worksheets help individuals learn ways to eliminate codependency in their relationships to prevent adverse effects on them and their lives. Some of these codependency worksheets have been made by us while some of them have been curated from reputable third-party websites after reviewing relevant content in bulk. Codependency is referred to as a behavioral condition in a relationship in which an individual allows the other individual's addiction, poor mental health, immaturity, irresponsibility or under-achievement. Codependency is a term used for a relationship in which one individual depends on the other individual for approval or sense of identity. The individual who depends on the other thinks he can not survive or succeed without the help of the person whom he depends upon. Some common signs of codependency include facing difficulty in making decisions in a relationship, facing problem while communicating in a relationship, having issues in recognizing one's own feelings, needing other's approval before doing or saying anything, valuing other person's opinion more than one's own opinion and lacking self-confidence, trust, and confidence in oneself etcetera. Codependency is not a good thing. Thus, it is essential to identify if you are codependent on others or not, to overcome codependency for leading a healthy, happy and confident life. There could be various reasons behind codependency. Some of the common causes of codependency include living in an abusive relationship, being harassed, feeling of worthlessness due to emotional abuse, neglect, poor self-esteem, poor confidence and so forth. Codependency is usually originated in childhood. When children are neglected by their parents or they experience a traumatic event such as abuse or they have strict parents who do not let their children be themselves or the children's emotions are ignored, the children lose their self-confidence, feel worthless, develop feelings of shame and guilt and become codependent on others. This codependency then continues in their later years of life too. Codependency is harmful to an individual's well-being. Thus it is essential to identify codependency and work on it. There are various ways one can adopt to break codependency. Some of these ways include practicing self-care, focusing on one's own needs, wishes, and desires, learning to be independent, learning to avoid asking for assurances before doing or saying anything, trusting on one's own actions and words, setting realistic expectations, setting realistic goals, defining and practicing boundaries, dealing with the past and focusing on the present moment without worrying about the future. Codependency can not be broken down by the individual himself. The dependent and the individual whom the other individual is depending upon, both must work mutually to break codependency. The goal of both the partners must be to get rid of codependency and form an interdependent relationship in a way that both partners contribute something in a relationship. 'Codependency' worksheet is a great resource for increasing knowledge about codependency. This worksheet consists of six pages and gives a detailed note on codependency. The worksheet gives an extensive definition of codependency and mentions the relationships that are affected by codependency. It explains in detail how a dysfunctional family leads to codependency. It highlights the behaviors of codependent people and their characteristics to aid an individual to identify codependency in his relationship or in relationships around him. The worksheet mentions some questions that can help identify if an individual is in a codependent relationship. It mentions the aftermaths of codependency and suggests some of the most effective ways in which codependency can be broken down. This worksheet is a great guide for learning facts about codependency, its symptoms, characteristics, and ways to overcome codependency. You can get access to this worksheet from here. 7 ways to avoid codependency in your relationships worksheet helps clarify the concepts of individuals about codependency. This worksheet enables individuals to identify codependency in their relationships by analyzing the symptoms of codependency. The worksheet help individuals to break codependency in various ways including meditating, exercising regularly, socializing, reflecting their feelings and so forth. It allows individuals to identify their needs and the ways in which they can attain those needs. It helps individuals develop self-care and help others deal with their issues by themselves. It enables individuals to gain trust in themselves and lessen the habit of asking for other people's approval before doing or saying anything. It teaches individuals how they can develop self-compassion, positive self-concept, assertive communication and set boundaries. This worksheet is highly recommended for breaking codependency. You can get this great and at the same time effective, worksheet from here. You can also download it for your convenience. One's feelings and thoughts affect one's behavior. In the same way, thoughts influence codependency in relationships. The thoughts that an individual can not do anything good without someone's help, the thoughts an individual can not survive without someone, the thought that one will be not accepted by people in his society if he does a mistake, all strengthen codependency. Codependency and distorted thinking enable individuals to identify their thoughts associated with their codependency and replace those thoughts with rational, positive and logical thoughts to help break down codependency. This worksheet is really helpful for getting rid of codependency in a relationship and developing positive thinking pattern. You can download this worksheet from this page. Affirmations are the sentences or phrases that provide support to individuals. Affirmations are the positive dialogues that help individuals develop self-confidence and gain trust in themselves. It helps individuals learn self-empowerment and believe in themselves. Affirmations can be a powerful tool for overcoming codependency. Affirmations for overcoming codependency worksheet is a very helpful self-help worksheet that allows individuals to restructure their codependent thought patterns with the help of positive affirmations. The worksheet mentions various scenarios to individuals and directs them to think of 5 positive affirmations for each of those situations that would help them gain trust in themselves and prevent codependency. This worksheet is easily accessible on the internet and can be downloaded in the form of pdf from here. This page displayed various codependency worksheets. Some of these worksheets were created by us while some of them were curated from reputable third-party websites. These worksheets are a helpful source for identifying and overcoming codependency. If you have any questions or queries regarding these worksheets, let us know in the comments section. We will be glad to assist you. Below are a list of other mental health worksheets which may interest you: [Enjoyed this article? Then Repin to your own inspiration board so others can too!](#) Educate your clients about the importance of healthy boundaries with the aid of the Boundaries Info Sheet. The first page of this worksheet describes the difference between rigid, porous, and healthy boundaries through the use of examples and logically organized information. [download game carx drift 2 mod apk](#) The second page of this boundaries printout describes various types of boundaries, including physical, intellectual, emotional, sexual, material, and time boundaries... [norwalk juicer instruction manual pdf format free](#) Page 2 The connection between exercise and mental well-being has become increasingly obvious as research on the subject grows. Unfortunately, most mental health counseling training programs don't cover the topic, and as few as 10% of psychotherapists talk to their clients about exercise. Research suggests that exercise can have a significant positive impact on depression, anxiety, eating disorders, addictions, cognitive functioning, and more...