

CODEPENDENCE EXAMPLES

- Feeling embarrassment over another person's behaviors
- Making attempts to control another person's behaviors
- Manipulating others
- Critical or Judgmental Self Talk
- Critical or Judgmental of others
- Low Self Esteem
- Low Self Worth
- Grandiosity and/or Arrogance
- Making excuses to family, friends, etc., for another's behaviors.
- Acceptance of violence, humiliations from/with others.
- Provocation of violence, humiliations from/with others.
- Obsession with another's behaviors.
- Dysfunctional and/or failed relationships.
- Nagging, critical comments.
- Using sex, money and/or power to control or manipulate others.
- Using sex, money and/or power to gain approval from others.
- Basing my worth, value, identity, sense of self, happiness, safety or well-being on another person.
- Basing my worth, value, identity, sense of self, happiness, safety or well-being on what I do.
- Difficulty identifying feelings.
- Trusting No One.
- Trusting Everyone.
- Isolation.
- Threats of separation or divorce.
- Need for approval and/or recognition.
- Rigidity
- Avoidant Behaviors.
- Needlessness
- Neediness.
- Enabling.
- Neglect of self, children, friends, etc.
- Unrealistic Expectations of self and others.
- Feeling less important than others.
- Assuming responsibility for others' feelings and/or behavior.
- Finding it difficult to not help others.
- Finding it difficult to not give advice.
- Difficulty identifying my internal boundaries.
- Difficulty in identifying my feelings.
- Difficulty expressing my feelings.
- Fear or worry about how others may respond to my feelings or behavior.

- **Difficulty in forming or maintaining close relationships.**
- **Afraid of rejection.**
- **Difficulty loving the self (self-esteem)**
- **Difficulty maintaining functional boundaries with others.**
- **Difficulty standing up for self.**
- **Difficulty speaking self-truth.**
- **Difficulty being authentic.**
- **Difficulty knowing one's reality and owning it.**
- **Difficulty with self-care.**
- **Fearful to be "seen".**
- **Difficulty expressing one's reality in moderation.**
- **Minimize problems and deny or alter truth about the feelings or behaviors of others.**
- **Perfectionist and judge myself harshly.**
- **Reactive when others do not agree with you.**
- **Having all the "answers".**
- **Difficulty making decisions.**
- **Tendency to be reactive to others rather than to act on my own.**
- **Difficulty being vulnerable and asking for help.**
- **Issues of control by attempting to always be in control.**
- **Issues of control by being careful never to be in a position of responsibility or authority.**
- **Extremely loyal to others even when that loyalty is unjustified.**
- **View situations with "all of nothing" thinking.**
- **Unrealistic expectations of myself and/or others.**
- **React when "things" don't go my way.**
- **Emotional crises and chaos in my life.**
- **Find relationships in which I feel "needed" and attempt to keep it that way.**
- **Mistaking intense sexual experiences and new romantic excitement for love.**
- **Constantly craving and searching for a romantic relationship.**
- **When in a relationship, being desperate to please and fearful of the other's unhappiness.**
- **When not in a relationship, feeling desperate and alone.**
- **Inability to maintain an intimate relationship once the newness and excitement have worn off.**
- **Finding it unbearable or emotionally difficult to be alone.**
- **When not in a relationship, compulsively using sex and fantasy to fill the loneliness.**
- **Choosing partners who are emotionally unavailable and/or verbally or physically abusive.**
- **Choosing partners who demand a great deal of attention and caretaking but who do not meet, or even try to meet, your emotional or physical needs.**
- **Participating in activities that don't interest you or go against your personal values in order to keep or please a partner.**
- **Difficulty saying "no".**

- **Being a “bully”.**
- **Hiding in the shadows.**
- **Avoiding others through Television, Movies, Internet, Gaming, Fantasy.**
- **Using social media as a substitute to in-person social interaction.**
- **Giving up important interests, beliefs, or friendships to maximize time in the relationship or to please a romantic partner.**
- **Using sex, seduction, and manipulation (guilt/shame) to “hook” or hold on to a partner.**
- **Using sex or romantic intensity to tolerate difficult experiences or emotions.**
- **Missing out on important family, career, or social experiences to search for a romantic or sexual relationship.**
- **Using anonymous sex, porn, or compulsive masturbation to avoid “needing” someone, thereby avoiding all relationships.**
- **Reacting with “silence”.**
- **Reacting through raging.**
- **Reacting through being passive-aggressive.**
- **In relationship with an active addict.**
- **Finding it difficult or impossible to leave unhealthy or abusive relationships despite repeated promises to oneself or others to do so.**
- **Repeatedly returning to previously unmanageable or painful relationships despite promises to oneself or others to not do so.**

Identify as many ways as you can that your codependence shows up, remembering that codependence is an addiction to fear and as a result, can show up in countless ways.