

Journey Forward Workbook Video Series Course
CODEPENDENCY ASSESSMENT

Now that you have a better idea of codependency it's time to start your homework. The first step is to use your awareness skills and notice your codependent thoughts, actions, and words. Spend some time each day noticing what you're doing, saying, and thinking that may be codependent. When you get a chance, write down what you observe. Not sure if something is codependent? Are you thinking, doing, or saying something that you believe the person is needing or wanting either to win their approval or ease their and/or your pain?

THOUGHTS

ACTIONS

WORDS
