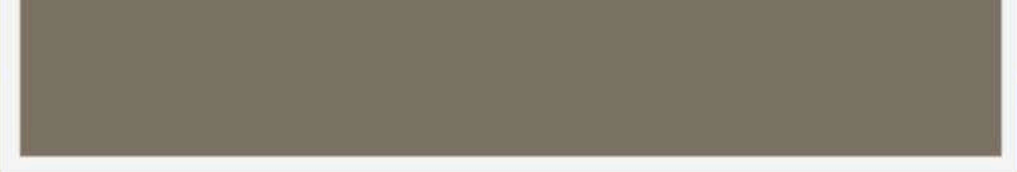




Traits of the Codependent

It's about control....

- Codependency is **addiction to a relationship**. A codependent tries so hard to “fix” or “save” someone else that his/her own life is left in turmoil. **No one can control anyone else**—other people's troubles are mostly due to patterns only **they** can change, so trying to change them leads to one painful disappointment after another.



There are reasons we're drawn to relationships in which we try harder to solve our partners' problems than they do.

- These patterns are often related to having grown up with parents who suffered from an addiction/alcoholism and may echo our childhood relationships with those adults.
- **Have you been in painful relationships for any of these reasons?**

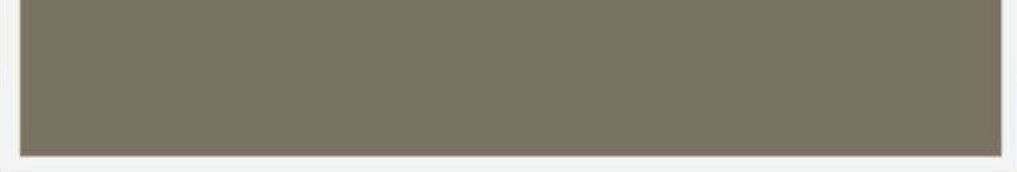


Answer these questions *Yes or No* as honestly and truthfully as possible.

- ____ You felt needed.
- ____ It was intense and exciting from the start.
- ____ You felt intensely and “magnetically” drawn to them.
- ____ They made you feel strong, smart, and capable.
- ____ The sex was incredible.
- ____ You identified with the hardships they’d suffered—your heart ached for them.
- ____ You felt that you could help them and change their lives.

Signs of Codependency:

- . ____ Manipulation and mind games take up a lot of time and energy.
- ____ You're often worried that the relationship will fall apart, so you walk on eggshells.
- ____ You keep your partner away from your other friends and family because they don't get along, or you don't think they would.



____The relationship became very intense very fast when you first got together.

____One or both of you feel a lot of jealousy and insecurity about the relationship.

____The relationship is never boring, but it's usually stressful.

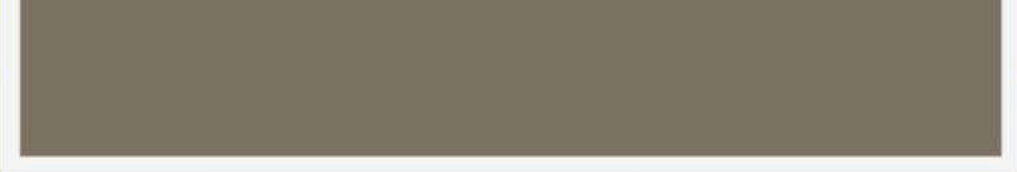
____You go back and forth between feeling abandoned and feeling smothered.



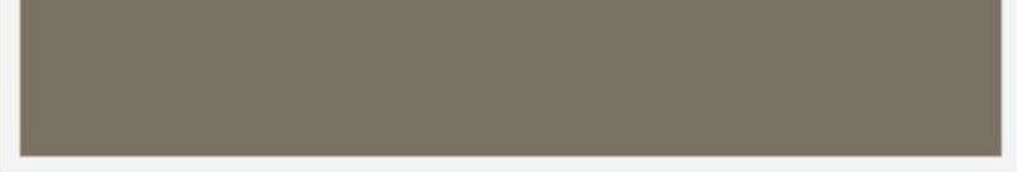
_____ One of you spends a lot of time rescuing the other from problems, again and again.

_____ You try hard to impress your partner and keep secrets; you fear your partner would reject you if he/she knew about parts of your life or past.

_____ You get in heated arguments that don't make sense to either of you.



There's a strong connection
between stress and relapse.
Looking at the items you checked
for question 2, **how could a stressful
relationship lead you to relapse**
and how do you feel about that
risk?



Most people who get into
codependent relationships don't just
do so once. Each of us has a type
we're most likely to be drawn to. **What
unhealthy patterns do you see in the
people you find attractive?**