

Codependency Checklist

[Couples Counseling Center](#)

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Directions: Review the codependency checklist below and “check off” which belief or characteristic applies to your situation under the Healthy vs. Codependent column. If you notice more checks appearing in the codependent column, this may be an indication that you struggle with codependency. Consider using the resources listed at the end of this document for more insight, resources and guidance.

	Healthy	Codependent
D E F I N I T I O N S	<p>Legitimate assistance that is requested by the receiver, who retains responsibility for his/her own thoughts, feelings, decisions, behavior, growth, well-being, problems and destiny.</p> <p>The healthy person maintains a balance between his/her personal and professional lives.</p>	<p>A dysfunctional relationship that is dysfunctional in nature whereby one or both parties enable behaviors such as irresponsibility, learned helplessness, addiction, under-achievement and/or poor ability to self-care.</p>
B E L I E F S	<ul style="list-style-type: none"> ○ Balanced Sense of Power: ○ “I am responsible for my own behavior as others are for their own behavior.” ○ Balanced Sense of Worth: ○ “I love and accept myself just the way I am.” ○ Realistic Expectations: ○ “I can offer information or guidance to others, who will then make their own decisions and act in their own interests.” 	<ul style="list-style-type: none"> ○ Distorted Sense of Power: ○ “I – and only I – can save this poor, suffering soul.” ○ Distorted Sense of Worth: ○ “I am only worthwhile if I am helping others.” ○ Unrealistic Expectations: ○ “Others should respond to my efforts to help them as I want them to respond and I can make them do this.”
C H A R A C T E R I S T I C S	<ul style="list-style-type: none"> ○ Respect for others ○ Empowers others to do for themselves ○ Energetic ○ Clear and healthy boundaries ○ Acting ○ Acceptance ○ Can say “No” to overly extending self without feeling guilty ○ Respects the rights of others to lead their own lives ○ Encourages others to act in their own best interests ○ Supports others through painful times ○ Holds others accountable for their actions ○ Aware and insightful ○ Emotionally balanced ○ Spiritually minded and serene ○ Flexible, creative and imaginative ○ Co-operative ○ Conscientious ○ Encouraging and supporting ○ Healthy self-esteem 	<ul style="list-style-type: none"> ○ Pity for other party ○ Does for others what they can do for themselves ○ Weary ○ Enmeshment or isolation ○ Continually sacrifices personal financial, physical and emotional wellbeing for another. ○ Denial that addiction is taking place. ○ Helps others while ignoring own needs and then feels resentful ○ Continually makes excuses up for irresponsible behaviors. ○ Need to feel needed by others and foster dependency ○ Tries to “fix” others by stopping the pain ○ Rationalizes, excuses and “rescues” others ○ Tunnel vision ○ Intensive mood swings ○ Anxious, depressed, angry, impatient ○ Rigid, over-controlling and demanding ○ People-pleasing or resistant ○ Perfectionistic ○ Judging and punishing

	<ul style="list-style-type: none"> ○ Responsible and dependable ○ Takes care of own physical needs ○ Get personal needs met in healthy ways 	<ul style="list-style-type: none"> ○ Feelings of inadequacy ○ Unpredictable and erratic ○ Problems with eating and sleeping patterns, etc. ○ Has troubles getting needs met
R E S U L T S	<p>Healthy partners give and receive support and guidance, learn new skills and experience appropriate consequences for problematic behaviors.</p> <p>Behavioral change is likely to occur.</p> <p>Healthy relationships usually grow in physical, emotional, mental and spiritual health.</p>	<p>Codependency continues the empowerment of self-destructive patterns. Behavioral change is not likely to occur. Codependents are subject to depression, substance abuse, addiction, relapse and high anxiety.</p>

Codependency Resources

Books

[Confusing Love with Obsession](#) by Dr. John D. Moore

Considered an important book for people who are codependent, CLWO offers a set of personal stories about people who are addicted to love and relationships. Self-reflection activities provided along with resources for change. Click on Hyperlink above to access this book through Amazon.

[Codependent No More](#) by Melanie Beattie

This is a classic book and a must read for anyone involved in a codependent relationship. Keen insight is offered about codependency from the author who helped to coin the phrase “codependent”. Book is available through amazon by clicking on link above.

[Codependency for Dummies](#) by Darlene Lancer

This book offers a cornucopia of information on codependency and helps readers understand *why* they are codependent and *what* they can do to create positive change. Resources are provided for greater insight plus several exercises. Book can be purchased by clicking on link above that goes directly to Amazon.

Support Groups

Support groups are generally suggested for people who struggle with codependency. This is particularly true of people who also have a history with substance abuse and/or dependence. Here are a few groups to consider:

[Codependents Anonymous](#)

12-Step group designed to help people who identify as codependent or struggle with issues involving codependency. Click on link to be transported to CODA website.

[Emotions Anonymous](#)

12-step group designed to help people who struggle with various emotions and feelings ranging from low self-esteem to depression to anger. Click on link to be transported to EA website.

[Alcoholics Anonymous](#)

This 12-step group is an excellent way to build support for yourself if you struggle with a drinking problem. Click on link to be transported to AA.

[Addiction Recovery Guide](#)

Online website with listing of various recovery programs that relate to codependency. Click on link to be transported to the recovery guide.