

Integrity Counseling Inc.

What is Co-Dependency?

My good feelings about who I am stem from being liked by you.

My good feelings about who I am stem from receiving approval from you.

Your struggles affect my serenity. My mental attention focuses on solving your problems or relieving your pain.

My mental attention is focused on pleasing you.

My mental attention is focused on protecting you.

My mental attention is focused on manipulating you to "do it my way".

My self-esteem is bolstered by solving your problems or relieving your pain.

My own hobbies and interests are put aside; my time is spent sharing your interests and hobbies.

Your clothing and personal appearance are dictated by my desires, because I feel you are a reflection of me.

My clothing and personal appearance are dictated by your desires, because I feel I am a reflection of you.

Your behavior is dictated by my desires, because I feel you are a reflection of me.

My behavior is dictated by your desires, because I feel I am a reflection of you.

I am not aware of how I feel or what I want; I am aware of how you feel and what you want.

If I am not aware, I assume.

The dreams I have for my future are tied to you.

My fear of rejection determines what I say or do.

I use giving as a way of feeling safe in our relationship.

My social circle diminishes as I involve myself with you.

I value your opinion and way of doing things more than my own.

I expect you to meet my needs.