



Symptoms of Co-Dependency

Can you relate to any of these characteristics?

- 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.
- My self-esteem is bolstered by receiving your pain.
- My own hobbies and interests are put aside. My time is spent sharing your interests and hobbies.
- Your clothing and personal appearance is dictated by my desires as I feel you are a reflection of me.
- I am not aware of how I feel. I am aware of how you feel. I am not aware of what I want; I ask what you want. If I am not aware, I assume.
- The dreams I have for my future are linked to you.
- My fear of rejection determines what I say or do.
- My fear of your anger 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.
- The quality of my life is in relation to the quality of yours.

Author Unknown