

Typical Characteristics of a Co-Dependent

1. I assume responsibility for others' feelings and or behaviors.
2. I feel overly responsible for others' feelings and or behaviors.
3. I have difficulty in identifying feelings ... Am I angry? Lonely? Sad? Happy? Joyful?
4. I have difficulty expressing my feelings... I am feeling happy, sad, hurt, joyful.
5. I tend to fear and/or worry how others may respond to my feelings.
6. I have difficulty in forming and or maintaining close relationships.
7. I am afraid of being hurt and or rejected by others.
8. I am a perfectionist and place too many expectations on myself and others.
9. I have difficulty making decisions.
10. I tend to minimize, alter or even deny the truth about how I feel.
11. Other people's actions and attitudes tended to determine how I respond / react.
12. I tend to put other people's wants and needs first.
13. My fear of others' feelings especially anger, determines what I say and do.
14. I question or ignore my own values to connect with significant others. I value others' opinions more than my own.
15. My self-esteem is bolstered by outer / other influences. I cannot acknowledge good things about myself.
16. My serenity and mental attention is determined by how others are feeling and / or behaving.
17. I tend to judge everything I do, think, or say harshly, by someone else's standards. Nothing is done, said, or thought good enough.
18. I do not know or believe that being vulnerable and asking for help is both OK and normal. I do not know that it is OK to talk about problems outside the family; Or that feelings just are, and it is better to share them now than to deny, minimize or justify them.
19. I tend to put others peoples wants and needs before my own.
20. I am steadfastly loyal, even when the loyalty is unjustified and personally harmful.
21. I have to be needed in order to have a relationship with others.

Source: *Co-Dependent No More*, by Melody Beattie

Enabling Behavior Checklist

Place a check mark in front of the behaviors you have done. Also, consider family members and place their initials in front of behaviors you have observed.

- _____ 1. Denying: "He is not chemically dependent."
 - Expecting the chemically dependent person to be rational.
 - Expecting the chemically dependent person to control his or her use.
 - Accepting blame.
- _____ 2. Using with the chemically dependent person.
- _____ 3. Justifying the using by agreeing with the rationalizations of the chemically dependent person, "he is under so much pressure," etc.
- _____ 4. Keeping feelings inside.
- _____ 5. Avoiding problems...keeping the peace, believing lack of conflict makes a good family relationship.
- _____ 6. Minimizing. "It is not so bad.", "Things will get better when..."
- _____ 7. Protecting...The image of the chemically dependent person, the chemically dependent person from pain, myself from pain.
- _____ 8. Avoiding by tranquilizing feelings with tranquilizers, food, work.
- _____ 9. Blaming, criticizing.
- _____ 10. Lecturing.
- _____ 11. Taking over responsibilities.
- _____ 12. Feeling superior...Treating the chemically dependent person like a child.
- _____ 13. Controlling... "You are not leaving this house for two weeks."
- _____ 14. Enduring..."This too shall pass."
- _____ 15. Waiting..."God will take care of it."

How to Distinguish Between Being Responsible to Others

VS

Responsible for Others (Appropriate Caring)

Co-Dependency

When I feel responsible for others, I...

- Fix
- Protect
- Rescue
- Control
- Carry their feelings
- Don't listen

I then feel...

- Tired
- Anxious
- Fearful
- Liable

I am concerned with...

- The solution
- Answers
- Circumstances
- Being right
- Details
- Performance

I am a caretaker.

Friendship

When I feel responsible for others, I...

- Show empathy
- Encourage
- Share
- Confront
- Am sensitive
- Listen

I feel...

- Relaxed
- Free
- Aware
- High self-worth

I am concerned with...

- Relating person-to-person as an equal to others
- Listening to their feelings and thoughts
- Respecting the person
- Enabling others to resolve their issues and solve their own problems

I am a helper/guide who enables others to grow and become more whole.

Perfectionism vs Excellence

Perfectionists take great pain and cause great pain!

The DEMAND for Perfection

- My best isn't good enough.
- I have to get a promotion.
- I must have a spotless house.
- I must make straight A's.
- I dread starting this project.
- I'd rather be dead than average.
- I did better than my friends.
- I can't be content if it's not perfect.
- It is painful to be a failure.
- I have to do better.
- I feel frustrated from doing this.
- I'll be perfect if I try hard enough.

The DESIRE for Excellence

- I am pleased with my best.
- I hope to get a promotion.
- I want to keep a clean house.
- I would like to make straight A's.
- I look forward to starting this project.
- I feel competent in many areas.
- I did better than I've ever done.
- I'll be content to do my best.
- Failure is just a part of life.
- I would like to do better.
- I feel fulfilled from doing this.
- I hope to excel when I give it my best.

The IDEALIST and the REALIST

The IDEALIST...

- Demands success
- Dwells on mistakes
- Fears failure
- Defends when criticized
- Centers on what is done
- Despises losing because of feeling unacceptable

The REALIST...

- Desires success
- Learns from mistakes
- Accepts failure
- Profits when criticized
- Centers on how it is accomplished
- Doesn't like losing but still feels accepted

