



Patterns and Characteristics of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.

Denial Patterns:

- I have difficulty identifying what I am feeling.
- I minimize, alter, or deny how I truly feel.
- I perceive myself as completely unselfish and dedicated to the well-being of others.
- I lack empathy for the feelings and needs of others.
- I label others with my negative traits.
- I can take care of myself without any help from others.
- I mask my pain in various ways such as anger, humor, or isolation.
- I express negativity or aggression in indirect and passive ways.
- I do not recognize the unavailability of those people to whom I am attracted.

Low Self Esteem Patterns:

- I have difficulty making decisions.
- I judge what I think, say, or do harshly, as never good enough.
- I am embarrassed to receive recognition, praise, or gifts.
- I value others approval of my thinking, feelings, and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.
- I constantly seek recognition that I think I deserve.
- I have difficulty admitting that I made a mistake.
- I need to appear to be right in the eyes of others and will even lie to look good.
- I am unable to ask others to meet my needs or desires.
- I perceive myself as superior to others.
- I look to others to provide my sense of safety.
- I have difficulty getting started, meeting deadlines, and completing projects.
- I have trouble setting healthy priorities.

Compliance Patterns:

- I am extremely loyal, remaining in harmful situations too long.
- I compromise my own values and integrity to avoid rejection or anger.
- I put aside my own interests in order to do what others want.
- I am hyper vigilant regarding the feelings of others and take on those feelings.
- I am afraid to express my beliefs, opinions, and feelings when they differ from those of others
- I accept sexual attention when I want love.
- I make decisions without regard to the consequences.
- I give up my truth to gain the approval of others or to avoid change.

Control Patterns:

- I believe most people are incapable of taking care of themselves.
- I attempt to convince others what to think, do, or feel.
- I freely offer advice and direction to others without being asked.
- I become resentful when others decline my help or reject my advice.

I lavish gifts and favors on those I want to influence.
I use sexual attention to gain approval and acceptance.
I have to be needed in order to have a relationship with others.
I demand that my needs be met by others.
I use charm and charisma to convince others of my capacity to be caring and compassionate.
I use blame and shame to emotionally exploit others.
I refuse to cooperate, compromise, or negotiate.
I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.
I use terms of recovery in an attempt to control the behavior of others.
I pretend to agree with others to get what I want.

Avoidance Patterns:

I act in ways that invite others to reject, shame, or express anger toward me.
I judge harshly what others think, say, or do.
I avoid emotional, physical, or sexual intimacy as a means of maintaining distance.
I allow my addictions to people, places, and things to distract me from achieving intimacy in relationships.
I use indirect and evasive communication to avoid conflict or confrontation.
I diminish my capacity to have healthy relationships by declining to use all the tools of recovery.
I suppress my feelings or needs to avoid feeling vulnerable.
I pull people toward me, but when they get close, I push them away.
I refuse to give up my self-will to avoid surrendering to a power that is greater than myself.
I believe displays of emotion are a sign of weakness.
I withhold expressions of appreciation.

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