

SUPPLEMENT #15 CO-DEPENDENT CHECKLIST

Go through the checklist. Put a check beside those characteristics which you experience more than once in awhile.

- feel responsible for other people - for other people's feelings, thoughts, actions, choices, wants, needs, well-being, lack of well-being, and ultimate destiny.
- feel anxiety, pity, and guilt when other people have a problem.
- feel compelled - almost forced - to help that person solve the problem, such as offering unwanted advice, giving a rapid-fire series of suggestions, or fixing feelings.
- feel angry when your help isn't effective.
- over-anticipate other people's needs.
- wonder why others don't do the same for you.
- find yourself saying yes when you mean no, doing things you don't really want to be doing, doing more than your fair share of the work, and doing things other people are capable of doing for themselves.
- not know what you want and need or, if you do, tell yourself what you want and need is not important.
- try to please others instead of yourself.
- find it easier to feel and express anger about injustices done to others, rather than injustices done to yourself.
- feel safest when giving.
- feel insecure and guilty when somebody gives to you.
- feel sad because you spend your whole life giving to other people and nobody gives to you.
- find yourself attracted to needy people.
- find needy people attracted to you.
- feel bored, empty, and worthless if you don't have a crisis in your life, a problem to solve, or someone to help.
- abandon your routine to respond to or do something for somebody else.
- over-commit yourself.
- feel harried and pressured.
- believe deep inside that other people are somehow responsible for you.
- blame others for the spot you are in.
- say other people MAKE you feel the way you do.
- believe other people are MAKING you crazy.
- feel angry, victimized, un-appreciated, and used.
- find other people become impatient or angry with you for all the preceding characteristics.
- come from a troubled, repressed, or dysfunctional family.
- deny your family was troubled, repressed, or dysfunctional.
- blame yourself for everything.
- pick on yourself for everything, including the way you think, feel, look, act, and behave.
- get angry, defensive, self-righteous, and indignant when others blame and criticize you - something you regularly do to others.
- reject/discount compliments or praise.
- get depressed from a lack of compliments and praise (stroke deprivation).

- feel different than the rest of the world.
- think you're not quite good enough.
- feel guilty about spending money on yourself or doing unnecessary or fun things for yourself.
- fear rejection so much that you don't reach out.
- take things personally.
- have been a victim of sexual, physical, or emotional abuse.
- feel like a victim.
- tell yourself you can't do anything right.
- are so afraid of making mistakes you often don't try at all.
- wonder why you have a tough time making decisions.
- expect yourself to do everything perfectly.
- wonder why you can't get anything done to your satisfaction.
- have a lot of "shoulds" in your thoughts and vocabulary.
- feel a lot of guilt.
- feel ashamed of who you are.
- think your life isn't worth living.
- try to help other people live their lives instead.
- get artificial feelings of self-worth from helping others.
- get strong feelings of low self-worth - embarrassment, failure, etc. - from other people's failures, problems, or uncomfortable confrontations.
- wish good things would happen to you.
- believe good things never will happen to you.
- believe you don't deserve good things and happiness.
- wish other people would like and love you.
- believe other people couldn't possibly like and love you.
- try to prove you're good enough for other people.
- settle for being needed.
- push your thoughts and feelings out of your awareness because of fear and guilt.
- become afraid to let yourself be who you are.
- appear rigid and controlled.
- feel terribly anxious about problems and people.
- worry about the silliest things.
- think and talk a lot about other people.
- lose sleep over problems or other people's behavior.
- worry.
- never find answers.
- check on people.
- try to catch people in acts of misbehavior.
- feel unable to quit talking, thinking, and worrying about other people.
- abandon your routine because you are so upset about somebody or something.
- focus all your energy on other people and problems.
- wonder why you never have any energy.
- wonder why you can't get things done.

- advise.
- don't say what you mean.
- don't mean what you say.
- don't know what you mean.
- don't take yourself seriously.
- think other people don't take you seriously.
- take yourself too seriously.
- ask for what you want and need indirectly - sighing, for example.
- find it difficult to get to the point.
- aren't sure what the point is.
- gauge your words carefully to achieve a desired effect.
- try to say what you think will please people.
- try to say what you hope will make people do what you want them to do.
- find it almost impossible to say "no".
- talk too much.
- talk about other people.
- avoid talking about yourself, your problems, feelings, and thoughts.
- say everything is your fault.
- say nothing is your fault.
- believe your opinions don't matter.
- wait to express your opinions until you know other people's opinions.
- lie to protect and cover up for people you love.
- lie to protect yourself.
- have a difficult time asserting your rights.
- have a difficult time expressing your emotions honestly, openly, and appropriately.
- think most of what you have to say is unimportant.
- begin to talk in cynical, self-degrading, or hostile ways.
- apologize for bothering people.
- say you won't tolerate certain behaviors from other people.
- gradually increase your tolerance until you can tolerate and do things you said you never would.
- let others hurt you.
- keep letting people hurt you.
- wonder why you hurt so badly.
- complain, blame, and try to control.
- finally get angry.
- become totally intolerant.
- don't trust yourself.
- don't trust your feelings.
- don't trust your decisions.
- don't trust other people.
- try to trust untrustworthy people.
- think God has abandoned you.
- lose faith and trust in a higher power.

- feel very scared, hurt, and angry.
- live with people who are very scared, hurt, and angry.
- are afraid of your own anger.
- are frightened of other people's anger.
- think people will go away if anger enters the picture.
- think other people MAKE you feel anger.
- are afraid to make other people feel anger.
- feel controlled by other people's anger.
- repress your angry feelings.
- cry a lot, get depressed, overeat, get sick, do mean and nasty things to get even, act hostile, or have violent temper outbursts.
- punish other people for making you angry.
- have been shamed for feeling angry.
- place guilt and shame on yourself for feeling angry.
- feel increasing amounts of anger, resentment, and bitterness.
- feel safer with your anger than with hurt feelings.
- wonder if you'll ever not be angry.
- are a caretaker in the bedroom.
- have sex when you don't want to.
- have sex when you'd rather be held, nurtured, and loved.
- try to have sex when you're angry or hurt.
- refuse to enjoy sex because you're angry at your partner.
- are afraid of losing control.
- have a difficult time asking for what you need in bed.
- withdraw emotionally from your partner.
- feel sexual revulsion toward your partner.
- don't talk about it.
- force yourself to have sex, anyway.
- reduce sex to a technical act.
- wonder why you don't enjoy sex.
- lose interest in sex.
- make up reasons to abstain.
- wish your partner would die, go away, or sense your feelings.
- consider or have an extramarital affair.
- be extremely responsible.
- be extremely irresponsible.
- become martyrs, sacrificing your happiness and that of others for causes that don't require sacrifice.
- find it difficult to feel close to people.
- find it difficult to have fun and be spontaneous.
- have an overall passive response to codependency - crying, hurt, helplessness.
- have an overall aggressive response to codependency - violence, anger, dominance.
- combine passive and aggressive responses.
- vacillate in decisions and emotions.

- laugh when you feel like crying.
- stay loyal to your compulsions and people even when it hurts.
- be ashamed about family, personal, or relationship problems.
- be confused about the nature of the problem.
- cover up, lie, and protect the problem.
- not seek help because you tell yourself the problem isn't bad enough, or you aren't important enough.
- wonder why the problem doesn't go away.
- feel lethargic.
- feel depressed.
- become withdrawn and isolated.
- experience a complete loss of daily routine and structure.
- abuse or neglect your children and other responsibilities.
- feel hopeless.
- begin to plan your escape from a relationship you feel trapped in.
- think about suicide.
- become violent.
- become seriously emotionally, mentally, or physically ill.
- experience an eating disorder (over or underrating).
- become addicted to alcohol and other drugs.
- have lived through events and with people that were out of control, causing you sorrow and disappointment.
- become afraid to let other people be who they are and allow events to happen naturally.
- don't see or deal with your fear of loss of control.
- think you know best how things should turn out and how people should behave.
- try to control events and people through helplessness, guilt, coercion, threats, advice-giving, manipulation, or domination.
- eventually fail in your efforts or provoke people's anger.
- get frustrated and angry.
- feel controlled by events and people.
- ignore problems or pretend they aren't happening.
- pretend circumstances aren't as bad as they are.
- tell yourself things will be better tomorrow.
- stay busy so you don't have to think about things.
- get confused.
- get depressed or sick.
- go to doctors and get tranquilizers.
- become a workaholic.
- spend money compulsively.
- overeat.
- pretend those things aren't happening, either.
- watch problems get worse.
- believe lies.
- lie to yourself.

- wonder why you feel like you're going crazy.
- don't feel happy, content, or peaceful with yourself.
- look for happiness outside yourself.
- latch onto whoever or whatever you think can provide happiness.
- feel terribly threatened by the loss of any thing or person you think provides your happiness.
- didn't feel love and approval from your parents.
- don't love yourself.
- believe other people can't or don't love you.
- desperately seek love and approval.
- often seek love from people incapable of loving.
- believe other people are never there for you.
- equate love with pain.
- feel you need people more than you want them.
- try to prove you're good enough to be loved.
- don't take time to see if other people are good for you.
- worry whether other people love or like you.
- don't take time to figure out if you love or like other people.
- center your life around other people.
- look to relationships to provide all your good feelings.
- lose interest in your own life when you love.
- worry other people will leave you.
- don't believe you can take care of yourself.
- stay in relationships that don't work.
- tolerate abuse to keep people loving you.
- feel trapped in relationships.
- leave bad relationships and form new ones that don't work either.
- wonder if you'll ever find love.
- blame.
- threaten.
- coerce.
- beg.
- bribe.

Take a look at the check marks and ask yourself if you think you are co-dependent enough to benefit from changing. If you have difficulty in any of the following areas take heed that it is a big red flag signaling trouble: low self-worth, repression, obsession, weak boundaries, lack of trust, anger, sex problems, controlling, denial, dependency, poor communication.

How do you feel about changing yourself? What do you think would happen if you began to change?

**If you are interested in more information get Melody Beatties Book
Codependent No More: How to Stop Controlling Others and Start Caring for Yourself
(Paperback)**