

Identifying Codependent Behaviors

PURPOSE:

To recognize and understand patterns of codependency in your relationships and develop action steps to break these patterns.

INSTRUCTIONS:

Write responses to the prompts below and create action steps to address identified behaviors.

1. Self-Reflection:

Think of a recent situation where you prioritized someone else's needs over your own. What happened?

How did you feel during and after the situation?

Did you expect anything in return? Why or why not?

Action Step: Identify one small way you can prioritize your own needs in a similar future situation.

2. Behavior Patterns:

Write down behaviors you exhibit when trying to 'fix' or 'rescue' others.

What do you believe would happen if you didn't engage in these behaviors?

Action Step: Choose one behavior to stop or replace with a healthier action. Write down what you will do instead.

3. Relationships:

List three relationships where you often feel drained or overextended.

What specific actions or patterns contribute to these feelings?

Action Step: Create a boundary for one of these relationships and write down how you will communicate it.