

Avoiding Codependency Worksheet

Part I: Talk about your codependent relationship(s)

Name:	Date:
Are you in a codependent relationship with someone? With whom?	
If you work through your problems, do you think your relationship will change for the better? If so, explain how so.	
Why do you think you're in a codependent relationship with that person? Identify the factors.	
Make sure to explain in detail the factors that make you think/indicate that you are in a codependent relationship. Factors include: - There is an obsession for a relationship on either side? - You (or the other party) have a tendency to be controlling, consciously or unconsciously - You have an unhealthy, sometimes desperate need for approval and acknowledgment - You have abandonment issues - There's no good sense of intimacy or even boundaries between you and the other(s) - There is poor communication between you and the other(s) - Either or both parties are lying/not honest about how they feel - or any other reason you can think of	
Would you like to improve your relationship so it doesn't become codependent, put it on break, or end it completely? Explain.	
Indicate what your ideal is for your relationship. Would you like it to improve? Would you like to put it on hold until either part resolves their issues? Or would you rather end the relationship completely. Try to explain yourself as best as you can.	
Depending on your choice, what would you feel in the coming days, weeks, months, or years?	
Since you're making a choice here, what do you think would you feel after? Would you feel inspired to make your relationship better? Would you be inspired to be better if you decide to put it on hold? Would you feel sad and happy at the same time if you choose to end it?	

Part II: Talk about yourself, what you love, and your goals

Name:		Date:	
What do you like/did like about yourself prior to your relationship(s) becoming codependent?			
It's time to remind yourself what it is you like or liked about yourself before entering a codependent relationship/before your relationship became codependent.			
What are your interests/hobbies?			
List them down!			
What are your goals?			
List them down! Take the opportunity to frame this in your mind as you setting goals for yourself by reminding yourself about what you want to achieve in life!			
Do you have problems hindering you from reaching your goals?			
Indicate and explain the problems hindering you from reaching your goals, ESPECIALLY if these are rooted in your codependent relationship(s).			
What do you need to do to get past those problems?			
This is another opportunity for you to set goals and determine the steps you need to take in order to get past you problems, and ultimately, go after your goals.			
If you work through your problem, do you think your codependent relationship will transform into a healthier one?			
If you work through your problems, do you think your relationship will change for the better? If so, explain how so.			