

## **AM I CO-DEPENDENT**

Co-dependency can develop for a variety of reasons, at Westover we are concerned with co-dependent behaviours that may develop in response to addiction. These patterns of behaviour become unconscious and automatic, continuing even when the drinking/using is no longer present. The following checklist is offered as a tool to aid in self-evaluation.

### **DENIAL PATTERNS: Co-dependents.....**

Have difficulty identifying feelings  
Minimize, alter or deny their feelings  
Perceive themselves as being completely unselfish and dedicated to the well-being of others.

### **LOW SELF-ESTEEM PATTERNS : Co-dependents.....**

Have difficulty making decisions  
Judge their thoughts, works and actions harshly, as never being good enough  
Are embarrassed to receive recognition, praise or gifts  
Are unable to ask others to meet their needs or wants  
Value other people's approval of their thoughts, feelings and behaviours over self –approval

### **COMPLIANCE PATTERNS : Co-dependents .....**

Comprise their values and integrity to avoid rejection and other people's anger  
Are very sensitive to others feelings and assume the same feelings  
Are extremely loyal, remaining in harmful situations too long  
Placing a higher value on others' opinions and feelings and are afraid to express differing viewpoints or feelings  
Put aside personal interests and hobbies to do what others want  
Accept sex as a substitute for love

### **CONTROL PATTERNS : Co-dependents .....**

Believe most others are incapable of caring for themselves  
Attempt to convince others what they should think or feel  
Become resentful when others refuse their offers of help  
Freely offer advice and guidance without being asked  
Lavish gifts and favours on those they care about  
Use sex to gain approval and acceptance  
Have to be needed in order to have a relationship with others