

## The Co-Dependency Chart: Traits & Characteristics

Rate Your Self: (1) – Not Prevalent in Your Life or (5) – Extremely Prevalent in Your Life

Traits	1-5	Characteristics
<b>Care Giver</b>		I think and feel responsible for others
		I am compelled and try to solve other people's problems; I have guilt, pity and anxiety that they have problems
		I feel angry and frustrated when I feel I am not effective with others or people do not take my 'advice'; I am attached to the outcome
		I try to anticipate other's needs; wonder why others don't do the same
		I say yes when I mean no; do things when I don't really want to
		I wonder why others don't do the same for me
		I try to please others and take care of others instead of myself
		I feel safest and in control when giving; I feel insecure and guilty when others give to me – I also now feel I owe them and must return the 'favor'
		I find and attract needy people so I can feel good about myself for helping others
		I feel bored, empty and/or worthless if I don't have a crisis in my life, a problem to solve or helping someone
		I will abandon myself and my routine to help others
		I over commit myself; I feel harried, pressured with others and in life
		I blame others for the spot I am in; I believe and say others make me feel the way I do
		I feel angry, victimized, unappreciated and/or used
		I feel sad because I give my all and am upset when others don't do the same for me
<b>Low Self-Worth</b>		I come from and/or deny that my family was troubled, repressed and/or dysfunctional
		I blame and pick on myself for everything – the way I think, feel, look, act, behave and do things
		I get angry, defensive, self-righteous and indignant when others blame and criticize me or others
		I reject or don't take in compliments and accolades; I get depressed when I also don't get them
		I don't feel good enough; I feel different from the rest
		I take things personally
		I have a fear of rejection and/or a fear of not being loved and accepted
		I fear making a mistake; I tell myself I can't do anything right
		I expect perfection with myself and others; I feel I can't get things done to my satisfaction

<b>Traits</b>	<b>1-5</b>	<b>Characteristics</b>
<b>Continued</b>		I have a lot of 'shoulds', guilt and shame
<b>Low Self-Worth</b>		I feel like a victim
		I have received sexual, physical and/or emotional abuse in the past
		I think my life is not worth living
		I feel guilty about spending money on myself or doing 'unnecessary' or 'fun' things for myself
		I get artificial good feelings, increased self-worth from helping others
		I feel embarrassed or like a failure if I or other people fail or have problems
		I wonder why I have a tough time making decisions; wishy/washy
		I wish good things would happen for me but I don't believe it's possible
		I believe I don't deserve good things and happiness
		I wish others would like me but really believe others could not possibly like and love me
		I try to prove I am good enough for other people
		I settle for being needed
<b>Repression</b>		I push my own thoughts and feelings out of my awareness because of my fear, judgment, guilt and shame
		I am afraid to let myself be who I am or for others to really see me
		I appear rigid and controlled
<b>Controlling</b>		I have lived through events or with people that were out of control i.e. natural disasters, alcoholics/workaholics, illnesses, deaths that caused pain, anger, sorrow and disappointment
		I become afraid to let other people be who they are and allow events to happen naturally – need to know now what's going to happen
		I don't see or deal with my fear of loss of control
		I think I know best how things should be or turn out and how other people should behave
		I try to control events or people through helplessness, guilt, coercion, threats, advice-giving, manipulation or domination
		I eventually fail in my efforts and provoke people's anger
		I get frustrated and angry
		I feel controlled by events or people
<b>Obsession</b>		I feel really anxious about problems, events and people
		I think and talk a lot about other people
		I check on people; try to catch people in misbehavior
		I worry and go in circles with my thoughts and feelings
		I never finds answers

Traits	1-5	Characteristics
<b>Continued Obsession</b>		I feel unable to quit talking, thinking and worrying about problems or other people
		I abandon my routine because I am so upset about somebody or something; I get easily distracted
		I focus all my energy on other people and problems
		I wonder why I never have any energy and why I can't get things done or have the results I desire
<b>Denial</b>		I ignore problems or pretend they are not happening
		I pretend circumstances aren't as bad as they are or even happening
		I tell myself it will be better tomorrow
		I stay so busy that I do not have to address it
		I get confused, depressed or sick
		I go to doctors and get tranquilizers or sleep aids
		I become a workaholic
		I spend money compulsively
		I overeat and/or emotionally eat
		I believe lies from others and/or I lie to myself
		I watch things get worse but I don't do anything about it
		I wonder why I feel like I am going crazy
<b>Dependency</b>		I don't feel happy, content or peaceful with myself
		I look to the outside for my love, happiness, acceptance and approval
		I latch onto who ever and what ever I feel will bring me joy
		I feel really threatened by the loss of someone or something I feel provides me with my happiness
		I did not feel the love and approval from my parents
		I don't love myself
		I believe that other people can't or won't love and accept me
		I desperately seek love and approval from others especially those with like parent roles or who are authority figures i.e. teacher, boss, mentor
		I often seek love from people incapable of loving/emotionally available
		I believe others are never there for me
		I am wired with the equation that Love = Pain
		I feel I need people more than they want me
		I try to prove that I am good enough to be loved
		I don't take the time to see if other people are good for me
		I don't figure out if I love, or even like, the other person

Traits	1-5	Characteristics
<b>Continued Dependency</b>		I worry about whether other people love, like or accept me
		I center my life around other people instead of myself
		I look to relationships to provide all my good feelings and happiness
		I lose interest in my own life when I love; I get easily distracted
		I worry if other people will leave me
		I stay in relationships that don't work
		I tolerate abuse to keep someone loving me
		I feel trapped in relationships
		I leave bad relationships, enter into new ones that don't work either
		I wonder if I will ever find love
		I don't believe that I can take care of myself and I am incapable of being alone
<b>Poor Communication</b>		I blame others or circumstances
		I threaten
		I beg
		I coerce and bribe
		I advise
		I don't say what I mean
		I don't mean what I say
		I don't know what I mean
		I don't take myself seriously
		I take myself too seriously
		I think other people don't take me seriously
		I ask for what I want and need indirectly by sighing, pouting, etc
		I find it difficult to get to the point
		I gauge my words carefully to achieve a desired effect or result
		I try to say what I think will please people
		I try to say what I think will provoke people
		I try to say what I hope will make people do what I want them to do (manipulation)
		I have eliminated the word no from my vocabulary
		I talk too much
		I talk about other people
		I avoid talking about myself, my problems, feelings and/or thoughts

Traits	1-5	Characteristics
<b>Continued Poor Communication</b>		I say everything is my fault or I say and admit nothing my fault
		I wait to express my opinions until I know other people's opinions
		I believe my opinions don't matter
		I lie to protect myself
		I lie to protect and cover up for people I love
		I have a difficult time asserting my rights
		I have a difficult time expressing my emotions honestly, openly and appropriately
		I think most of what I have to say is unimportant
		I begin to talk in cynical, self degrading or hostile ways
		I apologize for bothering people
		I say I am sorry as an automatic response; I don't know if I even mean it or if there is really anything to apologize for
<b>Weak Boundaries</b>		I say I won't tolerate certain behaviors from other people
		I gradually increase my tolerance until I can tolerate and do things I said I never would
		I let others hurt me
		I keep letting people hurt me; I wonder why I hurt so badly
		I complain, blame and try to control while others stand there
		I finally get angry
		I become totally intolerant
<b>Lack of Trust</b>		I don't trust myself
		I don't trust my feelings
		I don't trust my decisions
		I don't trust people
		I try to trust untrustworthy people
		I think God has abandoned me
		I have lost faith and trust in God
<b>Anger</b>		I feel very scared, hurt and angry
		I live with people who are very scared, hurt and angry
		I am afraid of my own anger
		I am frightened of other people's anger
		I am afraid to make other people angry
		I think people will go away if anger enters the picture
		I am afraid to make other people feel anger

Traits	1-5	Characteristics
<b>Continued Anger</b>		I feel controlled by other people's anger
		I repress my angry feelings
		I cry a lot, get depressed, get sick, overeat, do mean and nasty things to get even, act hostile or have violent temper outbursts
		I punish other people for making me angry
		I have been shamed in the past for feeling angry
		I place guilt and shame on myself for feeling angry
		I feel an increasing amount of anger, resentment and bitterness
		I feel safer with my anger versus than with hurt feelings
		I wonder if I'll ever not be angry
<b>Sex Problems</b>		I am a caretaker in the bedroom
		I have sex when I don't want to
		I have sex when I rather be held, nurtured and loved
		I try to have sex when I am hurt or angry
		I refuse to enjoy sex because I am so angry at my partner
		I am afraid of losing control
		I have a difficult time asking for what I need in bed
		I withdraw emotionally from my partner
		I feel sexual revulsion toward my partner
		I don't talk about sex or intimacy
		I force myself to have sex and in any way even if I don't want to
		I reduce sex to a technical act
		I wonder why I don't enjoy sex
		I lose interest in sex
		I make up reasons to abstain
		I wish my sex partner would die, go away or sense my feelings
		I have strong sexual fantasies about other people
		I have considered to have or have had an extramarital affair
<b>Miscellaneous</b>		I am extremely responsible
		I am extremely irresponsible
		I have become a martyr by sacrificing my happiness and that of others for causes that don't require sacrifice
		I find it difficult to feel close to people
		I find it difficult to have fun and be spontaneous
		I laugh when I feel like crying
		I vacillate in decisions and emotions

<b>Traits</b>	<b>1-5</b>	<b>Characteristics</b>
<b>Continued Miscellaneous</b>		I have an overall passive response to codependency – crying, hurt, hopeless
		I have an overall aggressive response to codependency – violence, anger, dominance
		I have combined responses of being passive or aggressive with others
		I stay loyal to my compulsions and people even when it hurts
		I am ashamed about my family, personal or relationship problems
		I feel confused about the nature of problems
		I cover up, lie and protect the problem
		I do not seek help because I tell myself that the problem isn't bad enough or I am not important enough
		I wonder why the problem doesn't go away
	<b>Progressive – Later Stages of Codependency</b>	
		I feel depressed
		I become withdrawn and isolated
		I experience a complete loss of daily routine and structure
		I abuse or neglect my children or others and other responsibilities
		I feel hopeless
		I begin to plan my escape from a relationship that I feel trapped within
		I think about or even plan suicide
		I become violent
		I am seriously emotionally, mentally or physically ill
	I have an eating disorder (over- or under- eating)	
	I am addicted to alcohol and other drugs or create some other addictive behavior such as eating, shopping, drama, sex	

**Now, take each Trait section and add up your numbers then divide by the number of Characteristics within each Trait. This will give you the awareness of which Trait to focus upon first regarding your healing, thus empowerment around the Trait.**

**NOTE: If your Trait numbers are close, then follow your intuition as to which to address first. If Low Self-Worth or Co-dependency are close or tied with any other Trait then begin with the Low Self-Worth or Co-dependency because once you heal those then the other(s) tend to magically resolve themselves.**

**References: *Codependent No More*, Melody Beattie and Teachings from Amanda Butler**