COMMON CHARACTERISTICS of CODEPENDENCY

- We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others than ourselves. This in turn has enabled us not to look too closely at our faults.
- We need to guess at what is normal.
- We stuff our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts too much.
- We have difficulty in following a project through from the beginning to the end. We are isolated from and afraid of people and authority figures.
- We tend to lie when it would be just as easy to tell the truth.
- We have become approval-seekers and have lost our identity in the process.
- We have difficulty having fun. We are frightened by angry people and personal criticism. We take ourselves too seriously.
- We live from the viewpoint of victims and are attracted by that weakness in our love and friendship relationships.
- We judge ourselves harshly and have a low sense of self-esteem. We are dependent personalities who are terrified of abandonment.
- We will do anything to hold on to a relationship in order not to experience painful abandonment feelings which we are received living with people who were never there emotionally for us.
- We over-react to changes which we do not have any control.
- We experience guilt feelings when we stand up for ourselves instead of giving in to others. We confuse love with pity; and "love" people we can pity and rescue.
- We are extremely loyal, even in the face of evidence that loyalty is undeserved. We have either chemically dependent, married one, or both, or found. We have become addicted to excitement. We are reactors in life rather than actors.