

# Symptoms of Codependence

Codependents often...

1. Have difficulty identifying what they are feeling.
2. Minimize, alter, or deny how they truly feel.
3. Perceive themselves as completely unselfish and dedicated to the well-being of others.
4. Judge what they think, say, or do harshly, as never good enough.
5. Are embarrassed to receive recognition, praise, or gifts.
6. Are unable to identify or ask for what they need and want.
7. Value others' approval of their thinking, feelings, and behavior over their own.
7. Do not perceive themselves as lovable or worthwhile persons.
8. Compromise their values and integrity to avoid rejection and other people's anger.
9. Are very sensitive to other's feelings and empathize rather than sympathize.
10. Are extremely loyal, remaining in harmful situations too long.

11. Place a higher value on other's opinions and feelings and are afraid to express differing viewpoints or feelings.
12. Put aside their own interests in order to do what others want.
13. Feel the need to help and fix people and become resentful if they decline our help.
14. Freely offer advice and direction without being asked.
15. Lavish gifts and favors on those they want to influence.
16. Have to feel needed in order to have a relationship with others.
17. Use helping others to feel good about themselves.
18. Will neglect themselves to help others.
19. Have high tolerance for neglect and abuse rather than let go of a relationship.
20. Believe the need of others are more important than their own needs.