SELFGROWTH.ORG

My Codependency Worksheet

Look at one relationship, notice the patterns, name what you need, and try one small boundary. This is not a diagnosis or a test. If you feel controlled or afraid, skip the boundary section and find support at selfgrowth.org/help, from a safe device.

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01 Before I start

Check how safe it is to write this down. If anyone might see this sheet, your device or your browser history, don't fill it in here. Use a safe device, or leave it for later. If you are in danger now, call 999 (UK) or 911 (US).

Tick any that are true:

- [ ] This person controls what I do, who I see, or my money
- [ ] I'm afraid of how they'd react if I said no
- [ ] They check my phone or where I am
- [ ] I feel I'm 'walking on eggshells' around them
- [ ] I'm not sure whether any of this applies to me

If I ticked any of the first four, I'll contact a helpline or someone I trust first. The one I'll try is:

_____

02 The relationship I'm looking at

Who it is (a name, or just 'my partner', 'my mum'):

What is good about this relationship?

What worries me about it, or about how I act in it?

03 Patterns I recognise

These are patterns that get described as codependent, drawn from the Healthline guide. There's no scoring and no number that means anything. Tick what sounds like you in this relationship.

- [ ] I find it hard to know what I feel, or I play my feelings down
- [ ] I find it hard to make decisions without checking with them
- [ ] I find it hard to ask for what I need
- [ ] I look for their approval and avoid their criticism
- [ ] I put what they want ahead of what I need, even when it costs me
- [ ] I try to control how they feel, or what they do
- [ ] I offer help or advice they haven't asked for
- [ ] I feel it's all on my shoulders to keep things okay
- [ ] I use hints instead of saying what I mean, to avoid conflict
- [ ] I stay even when the relationship is unhealthy for me

The pattern that stands out most, and what it looks like in a real week:

04 A recent moment

Pick one recent moment that shows the pattern. Slow it down.

What happened	What I did or said	What I needed Even if I didn't say it

What did I fear would happen if I'd done something different?

05 What I need

Needs are allowed. Write them even if they feel selfish.

Something I need Time, rest, space, a say, help	Have I said it, and to whom?

Something I used to enjoy or care about that has slipped:

06 Whose is it?

Sort what you've been carrying. Some things are yours. Some belong to the other person, or are shared.

Mine to handle

My feelings, my choices, my time

Theirs to handle

Their feelings, their choices, their mistakes

One thing I've been carrying that I could put down:

07 One small boundary

Only do this section if it feels safe. Skip it, and find support at selfgrowth.org/help, from a safe device, if the other person is controlling or you're afraid of their reaction. Choose something small and low-risk for a start.

The small boundary I'd like to try:

What I'll say or do, in plain words:

How I think they might react, and what I'll do if they react that way:

Who I could tell, or go to afterwards, for support:

08 Support for me

You don't have to work this out alone.

Tick any I'll look into:

- [ ] Talking to my GP about how I'm feeling
- [ ] Seeing a therapist or counsellor (see the helplines page for official routes)
- [ ] A friend or family member I can be honest with
- [ ] A helpline if the relationship involves control, fear or abuse

One thing I'll do for myself this week:

_____

_____

09 Check back in a week

Look at what happened without judging yourself.

What I did	What happened	What I noticed

How hard was it?

1 2 3 4 5 6 7 8 9 10

Easy — Very hard

Next time, I'll try:

When you're done, a moment to reflect

- When did I last do something just because I wanted to?
- Whose approval am I trying to keep, and what do I fear if I lose it?
- What would I want a friend in this situation to do?
- Which part of this is mine to change, and which isn't?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/codependency-worksheet

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.