

# EXAMINING CODEPENDENT RELATIONSHIPS - WORKSHEET 1

*Lesson Objective:*  
*Identify signs of*  
*codependency*

## WHAT DOES IT MEAN TO BE CODEPENDENT?

What happens if someone pushes a doorbell? The doorbell rings. When the stove is left on high, the water boils over. From very young we learn our actions have consequences. Sometimes these are pleasant, but sometimes they are not. When we do not like them, we may argue, resist, and complain, but consequences come anyway, rudely intruding without permission. The results of our

actions are often predictable, whether we like them or not.

Codependency is a type of dysfunctional helping relationship where one person supports or enables another person's addiction, alcoholism, poor mental health, immaturity, irresponsibility, or under-achievement.

## WRITING YOUR STORY

Have you found yourself in a codependent relationship in the past? Write your experiences where you rescued someone or worked too hard in the relationship. Describe how you felt, acted, and believed. Give details about how you viewed yourself in the relationship. Were you dishonest? Were you covering for someone else's addiction? Include specific examples that reveal the difficulty of changing the enabling behaviors. Has someone else rescued you or enabled your addiction? Give examples.

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# Codependency Workbook

**M Mosston**



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