



Codependency Worksheet

1. Who am I Enabling?
2. Who Am I Care-Taking?
3. In what way do I do this?
4. How long have I been trying to take care of other people?

Am I committed to letting go of these behaviors?

Being Honest

1. Make a list of people you know that you have misunderstandings with.
2. Figure out a plan on how you are going to clear up those misunderstandings.
3. Make it your intention to clear these misunderstandings with each person one at a time.
4. Listen one person at a time to their point of view and see if there are any lessons in what they have to say.
5. Learn from their explanations so in the future your communication can be direct and honest.

Knowing who you are

1. Make a list of characteristics that describe you. For ex: a people pleaser, a hard worker, a good friend, tall, etc . List what you like about yourself and what you might consider a character defect.
2. Put a star next to those qualities that can't be changed and everyday review that list and come to a place of acceptance that there is no perfection and to love all parts of you whether you see them as strengths or weaknesses.
3. Make a list of qualities that can be changed and keep that list for another exercise.
4. Ask yourself who are you in the presence of others?
5. Are you real or are you hiding your joy, pain, truth, or love.
6. How can I be in relationship with others and stay true to myself - not FEEL abandoned or enmeshed with the other?
7. How can I let go of wanting to save or fix another and just take care of my own SELF... and still feel important, happy and loved?

Making Changes

1. Review the list of characteristics from the “Knowing who you are list” that can be changed.
2. Look at those characteristics you would like to change and meditate on why you want to change these characteristics.
3. Review your list and pick one characteristic you will make a commitment to change.
4. Speak to a trusted friend, family member, or co-worker that you have committed to making this change. You are more likely to commit to that change by telling someone.
5. Look at three other behaviors that you can begin to do differently. For ex:, If you are paying your son’s rent and enabling him by doing that, stop paying his rent.

Reframing Fear

1. List one of your greatest fears about changing a particular enabling behavior.

List what it is you are afraid will happen if you give up that behavior.

For ex: if you stop paying your son's rent maybe you are afraid he will be homeless.

2. Now reflect realistically what is at the roots of your fear and is it really justified or more false evidence appearing real (FEAR).
3. What might be another outcome of your fear? For ex: is it possible your son will find a friend he can live with. What else might be true in breaking down your fear?

Designing a New Plan of Action

1. Choose a scenario where your enabling has caused problems for both you and your loved one.

For example, driving your child to his appointments instead of allowing him to take the bus, paying your loved one's rent when they are using their money to buy alcohol or drugs.

2. Take a look at the scenario and describe the best solution for your loved one and yourself that match with your long-term goals.
3. Design a new plan of action to change your behavior so that you can help your loved one experience the consequences of their behavior.
4. Monitor your reactions on a daily basis to make sure you are following up on your long-term goals.

Change is a process. Practice until it becomes a habit.

Affirmations

Read each phrase aloud and say “yes” after each one

In speaking my truth and walking my own path.

1. I am committed to speak my truth to those I love.
2. I release any fear that holds me back from having a voice
3. I release any beliefs, old agreements or contracts that stop me from being real.
4. I let go of thinking that I must take care of someone
5. I release the belief that I am selfish if I take care of myself and not others
6. I allow all my choices and decisions to support my commitment to my own personal path
7. I give myself permission to move toward my own highest potential and being
8. I connect to discovering and living my own deepest passion, mission, and purpose
9. I release any issues or shame that keep me in a caretaking role with others
10. I am aware that as I love and take care of myself, I am able to really love others more deeply
11. I permit myself to love others without taking responsibility for their happiness