

EXPLORING CODEPENDENCY WORKSHEET

by Sharon Martin, LCSW

Taking care of other people makes me feel _____.

I get angry when _____ but I'm not able to express it because _____.

I'm afraid of _____.

When things don't go according to plan, I _____.

When I listen to my body, it tells me that it needs _____.

When I tune into my spirit/soul, it tells me that it needs _____.

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I'm ashamed of _____.

I tend to bury or deny my emotions by _____.

When I'm sad, I _____.

When I'm angry, I _____.

If I let myself feel all of my feelings, I would _____.

I don't feel good enough or loveable because _____.

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People like me because _____.

I wish people knew _____ about me.

I can show myself love by _____.

Someone who is supportive of my growth and change is _____.

I'm really good at _____.

When I try to set a boundary by saying "no", I feel _____ because _____.

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If people knew the real me, they would _____.

I feel anxious when _____.

A positive way to calm my anxiety is _____.

try to control other people and situations by _____ and this leads to _____. Instead I will _____.

I feel hopeful about _____.

I am grateful for _____ and I will show it by _____.