

“I” Version - Recovery Patterns of Codependence ©

Denial Patterns	
In Codependence ...	In Recovery...
I have difficulty identifying what I am feeling.	I become more aware of my feelings and identify them, often in the moment. I learn the difference between my thoughts and feelings.
I minimize, alter, or deny how I truly feel.	I embrace my feelings; they are valid and important.
I perceive myself as completely unselfish and dedicated to the well-being of others.	I know the difference between caring and caretaking, recognizing that caretaking others may be motivated by self-interest.
I lack empathy for the feelings and needs of others.	I feel compassion for the feelings and needs of others.
I label others with my negative traits.	I perceive that the negative traits I see in others may also be my own.
I think I can take care of myself without any help from others.	I acknowledge that asking for help is healthy self-care.
I mask pain in various ways such as anger, humor, or isolation.	I recognize that anger, humor, or isolation may be clues to underlying pain or trauma.
I express negativity or aggression in indirect and passive ways.	I express my feelings and speak my truth openly, directly, and calmly.
I do not recognize the unavailability of those people to whom I am attracted.	I pursue close relationships with emotionally available people.

Low Self-esteem Patterns

In Codependence...	In Recovery...
I have difficulty making decisions.	I trust my Higher Power's guidance and my intuition in making effective decisions.
I judge what I think, say, or do harshly, as never good enough.	I accept myself as I am, choosing personal progress rather than perfection.
I am embarrassed to receive recognition, praise, or gifts.	I graciously accept recognition, praise, or gifts.
I value others' approval of my thinking, feelings, and behavior over my own.	I value my own thinking, feelings, and decisions, finding confidence in myself.
I do not perceive myself as lovable or a worthwhile person.	I feel lovable and valuable as I am.
I seek recognition and praise to overcome feeling less than.	I feel equal to others. Recognition and praise from others do not determine my value.
I have difficulty admitting a mistake.	I continue to take my personal inventory, and promptly admit my mistakes.
I need to appear to be right in the eyes of others and may even lie to look good.	I take personal responsibility for my behaviors and motivations. It is more important for me to be authentic than to look good to others.
I am unable to identify or ask for what I need and want.	I meet my own needs and wants, including communicating my needs and wants to others.
I perceive myself as superior to others.	I see myself as equal to others. I release the need to feel better than or less than others.
I look to others to provide my sense of safety.	I look to my Higher Power and myself to create safety in my life.
I have difficulty getting started, meeting deadlines, and completing projects.	I willingly take action, starting and completing what needs to be done.
I have trouble setting healthy priorities and boundaries.	I establish and uphold healthy priorities and boundaries.

Compliance Patterns

In Codependence...	In Recovery...
I am extremely loyal, remaining in harmful situations too long.	I am committed to my personal and emotional safety. I am able to leave situations that feel threatening or unsafe.
I compromise my own values and integrity to avoid rejection or anger.	I am rooted in my personal values and act with integrity, regardless of the reactions of others.
I put aside my own interests in order to do what others want.	I reflect on my feelings and interests before participating in other's plans.
I am hypervigilant regarding the feelings of others and take on those feelings.	I detach from the feelings of others and honor my own boundaries. I know where I stop and where others begin.
I am afraid to express my beliefs, opinions, and feelings when they differ from those of others.	I courageously and openly express my beliefs, opinions, and feelings when I choose.
I accept sexual attention when I want love.	Grounded in self love, I consciously define my own sexuality and choose my own sexual expression. I refuse unwanted sexual attention.
I make decisions without regard to the consequences.	I ask my Higher Power for guidance and consider possible consequences before making decisions.
I give up my truth to gain the approval of others or to avoid change.	I stand in my own truth, whether others approve or not, even if it means making difficult changes in my life.

Control Patterns

In Codependence...	In Recovery...
I believe people are incapable of taking care of themselves.	I respect the autonomy of others, releasing them to their own Higher Power.
I attempt to convince others what to think, do, or feel.	I accept the thoughts, choices, and feelings of others.
I freely offer advice and direction without being asked.	I share my experience, strength, and hope, only offering advice or direction when requested.
I become resentful when others decline my help or reject my advice.	When others decline my help or reject my advice, I do not take it personally. I let go of the results.
I lavish gifts and favors on those I want to influence.	I reflect on my motives. I give gifts with no expectations.
I use sexual attention to gain approval and acceptance.	I embrace my own sexuality in a healthy manner. I do not use sex to gain approval or to manipulate others.
I have to feel needed in order to have a relationship with others.	I choose new and renewed relationships based on equality and balance.
I demand that my needs be met by others.	I recognize and take responsibility for meeting my own needs. I ask for help when I need it, without the expectation of being rescued.
I use charm and charisma to convince others of my capacity to be caring and compassionate.	I discover my authentic self and interact honestly and respectfully.
I use blame and shame to exploit others emotionally.	I let go of manipulating with blame and shame. I trust outcomes to my Higher Power.
I refuse to cooperate, compromise, or negotiate.	I negotiate with integrity in all my relationships.
I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.	I let go of my reactive attitudes and behaviors, treat others with respect and consideration, and leave the outcomes to my Higher Power.
I use recovery jargon in an attempt to control the behavior of others.	I use program language for my own growth, letting go of the desire to change, manipulate, or control others.
I pretend to agree with others to get what I want.	I communicate authentically and truthfully.

Avoidance Patterns

In Codependence...	In Recovery...
I act in ways that invite others to reject, shame, or express anger toward me.	I treat myself and others with respect and kindness. I recognize that the reactions of others are beyond my control.
I judge harshly what others think, say, or do.	I keep an open heart and mind. I accept others as they are.
I avoid emotional, physical, or sexual intimacy as a way to maintain distance.	I am open to intimacy in my relationships. I create healthy boundaries to keep me safe.
I allow addictions to people, places, and things to distract me from achieving intimacy in relationships.	I release my obsessions to my Higher Power. I practice recovery to create safety, self-respect, and connection.
I use indirect or evasive communication to avoid conflict or confrontation.	I use direct and straightforward communication to resolve conflicts and work through confrontations.
I diminish my capacity to have healthy relationships by declining to use the tools of recovery.	I use the tools of recovery to develop and maintain healthy relationships.
I suppress my feelings or needs to avoid feeling vulnerable.	I allow myself to feel and honor my vulnerability, trusting my Higher Power to meet my needs.
I pull people toward me, but when others get close, push them away.	I welcome close, interdependent relationships while creating and respecting healthy boundaries.
I refuse to give up my self-will to avoid surrendering to a power greater than myself.	I place trust in my Higher Power, surrendering my self-will.
I believe displays of emotion are a sign of weakness.	I honor my emotions and express them authentically.
I withhold expressions of appreciation.	I freely express appreciation toward myself and others.