

**5 GLARING  
SIGNS OF  
CODEPENDENCY**  
*Cheatsheet*

---

# WHAT CAUSES CODEPENDENCY?

\*Revisit the blog article [here](#) for more guidance.

Codependency often happens when a child adopts unhealthy beliefs and behaviors to survive in a dysfunctional home.

That said, it can occur in any emotionally dependent relationship with an alcoholic, an addict or a toxic person.

To get the acceptance and love they need, the child sacrifices their integrity and feels responsible for others' happiness. The child learns to hide their talents, ask for little and harshly judge themselves.

These unprocessed experiences accumulate through adulthood and fester in toxic relationships with partners, colleagues or loved ones. What's more, we live in a shame-based society that fosters anxiety and self-doubt.

A particular dynamic occurs: Person A (the "taker" or "enabler") needs Person B (the "giver"). And Person B feels worthless, unless they fulfill Person A's needs.

Ultimately, people with consistent traits of codependency disconnect from who they are and mold themselves for others' approval. It becomes a grueling chase to prove we're good enough.

Recovering from codependency asks us to heal from deep shame.

# 5 GLARING SIGNS OF CODEPENDENCY

Codependency traits can sometimes arise in daily life.

Like when we feel responsible for another person out of guilt, obligation or fear. (E.g. I felt bad when I couldn't financially help a friend in need.)

For some people, these traits appear most of the time in many relationships. And for others, these patterns emerge some of the time with certain people.

According to Codependents Anonymous, there are 5 main patterns. Read the list below to recognize the negative patterns you'd like to change.

Signs of codependency often include:

**1) Denial:** You may feel afraid of expressing your true feelings to the other person and constantly walk on eggshells.

If you do express your feelings, you may minimize them or feel guilty. Sometimes, we've denied our emotions for so long that we don't know how we feel or what we want.

**2) Low self-esteem:** You may find yourself harshly judging your thoughts and actions and never feel good enough. Perfectionism may become an issue.

Making decisions can be difficult—you tend to look to others for approval, instead of valuing your own perspective. You might feel disconnected from your intuition because you've learned to find a sense of safety outside of yourself.

It can be scary to even think about setting boundaries, let alone communicating and honoring them.

**3) Compliance:** You might spend most of your time and energy doing things for the other person (that they could do themselves). It's common to neglect your hobbies, activities and friends.

It can seem normal for you to put aside your thoughts, emotions, interests and values to avoid rejection. You tend to become hypervigilant of others' emotions and feel anxious. Asking for help can be difficult.

**4) Control:** Codependents often feel the need to rescue others because they believe people can't take care of themselves.

And when people refuse their help or advice, codependents become resentful and manipulative. The need to feel needed forms the base of a codependent relationship.

**5) Avoidance:** You might avoid the other person to maintain distance. Addictions to people, places and things temporarily soothe anxiety. Suppressing our feelings and emotions keeps us from confronting them, and possibly causing more problems.

When you do have to talk to the other person, you might pay extra attention to how you communicate to avoid conflict.

# TIPS TO START RECOVERING FROM CODEPENDENCY

Try one of these tips to begin recovering from codependency. Click on any link below to learn more about the topic.

- **Acknowledge your [emotions](#)**, heal underlying shame and grieve losses from your childhood.
- **Spend time with your [inner child](#)**: Which activities light you up? Doing activities you love boosts your enthusiasm, creativity and joie de vivre.
- **Set and honor your boundaries**: Embrace the fears that keep you from respecting your [boundaries](#), ground yourself when needed, get support.
- **Cultivate self-compassion**: Acknowledge your [inner critic](#), ask if the negative thoughts sound like someone you know, list your positive qualities.
- **Discover who you want to be**: enjoy solitude to learn about your interests and values, take a class, connect with your infinite [self-worth](#).

You can read about how I transformed my codependent marriage [here](#).

**P.S.** Want some personalized guidance? As a certified EFT Practitioner, I can help you release what's holding you back from peace of mind and fulfilling relationships. Check out my [coaching packages here](#).