

Codependency: Self Evaluation

Circle the category which most reflects your patterns today.

Denial Patterns:

- 1) hardly | sometimes | frequently I have difficulty identifying what I am feeling
- 2) hardly | sometimes | frequently I minimize, alter, or deny how I truly feel.
- 3) hardly | sometimes | frequently I perceive myself as completely unselfish and dedicated to the well being of others.

Self Esteem Patterns:

- 4) hardly | sometimes | frequently I have difficulty making decisions.
- 5) hardly | sometimes | frequently I judge everything I think, say, or do, as never “good enough.”
- 6) hardly | sometimes | frequently I am embarrassed to receive recognition and praise or gifts.
- 7) hardly | sometimes | frequently I do not ask others to meet my needs or desires.
- 8) hardly | sometimes | frequently I value other’s approval of my thinking, feelings, and behaviors over my own.
- 9) hardly | sometimes | frequently I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns:

- 10) hardly | sometimes | frequently I compromise my own values and integrity to avoid rejection or others’ anger.
- 11) hardly | sometimes | frequently I am sensitive to how others are feeling and feel the same.
- 12) hardly | sometimes | frequently I am very loyal, remaining in harmful situations too long.
- 13) hardly | sometimes | frequently I value others’ opinions and feelings more than my own and am often afraid to express differing opinions and feelings of my own.
- 14) hardly | sometimes | frequently I put aside my own interests and hobbies in order to do what others want.
- 15) hardly | sometimes | frequently I accept sex when I want love.

Control Patterns:

- 16) hardly | sometimes | frequently I believe most other people are incapable of taking care of themselves.
- 17) hardly | sometimes | frequently I attempt to convince others of what they “should” think and how they “truly” feel.
- 18) hardly | sometimes | frequently I become resentful when others will not let me help them.
- 19) hardly | sometimes | frequently I freely offer others advice and directions without being asked.
- 20) hardly | sometimes | frequently I lavish gifts and favors on those I care about.
- 21) hardly | sometimes | frequently I use sex to gain approval and acceptance.
- 22) hardly | sometimes | frequently I have to be “needed” in order to have a relationship with others.