

Avoiding Codependency Worksheet

Part I: Talk about your codependent relationship(s)

Name: <input type="text"/>	Date: <input type="text"/>
Are you in a codependent relationship with someone? With whom?	
If you work through your problems, do you think your relationship will change for the better? If so, explain how so.	
Why do you think you're in a codependent relationship with that person? Identify the factors.	
Make sure to explain in detail the factors that make you think/indicate that you are in a codependent relationship. Factors include: <ul style="list-style-type: none">- There is an obsession for a relationship on either side?- You (or the other party) have a tendency to be controlling, consciously or unconsciously- You have an unhealthy, sometimes desperate need for approval and acknowledgment- You have abandonment issues- There's no good sense of intimacy or even boundaries between you and the other(s)- There is poor communication between you and the other(s)- Either or both parties are lying/not honest about how they feel- or any other reason you can think of	
Would you like to improve your relationship so it doesn't become codependent, put it on break, or end it completely? Explain.	
Indicate what your ideal is for your relationship. Would you like it to improve? Would you like to put it on hold until either part resolves their issues? Or would you rather end the relationship completely. Try to explain yourself as best as you can.	
Depending on your choice, what would you feel in the coming days, weeks, months, or years?	
Since you're making a choice here, what do you think would you feel after? Would you feel inspired to make your relationship better? Would you be inspired to be better if you decide to put it on hold? Would you feel sad and happy at the same time if you choose to end it?	

Codependency Workbook Free

Joacim Rocklöv



Codependency Workbook Free:

The book delves into Codependency Workbook Free. Codependency Workbook Free is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Codependency Workbook Free, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Codependency Workbook Free
 - Chapter 2: Essential Elements of Codependency Workbook Free
 - Chapter 3: Codependency Workbook Free in Everyday Life
 - Chapter 4: Codependency Workbook Free in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Codependency Workbook Free. This chapter will explore what Codependency Workbook Free is, why Codependency Workbook Free is vital, and how to effectively learn about Codependency Workbook Free.
3. In chapter 2, the author will delve into the foundational concepts of Codependency Workbook Free. The second chapter will elucidate the essential principles that must be understood to grasp Codependency Workbook Free in its entirety.
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5. In chapter 4, the author will scrutinize the relevance of Codependency Workbook Free in specific contexts. This chapter will explore how Codependency Workbook Free is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Codependency Workbook Free. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Codependency Workbook Free.

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