

“I” Version - Recovery Patterns of Codependence

| Denial Patterns | |
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| 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... |
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| 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... |
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| 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... |
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| 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... |
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| 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. |