



## Characteristics of Co-Dependent Behaviors

- Excessive disposal of other adults. Taking responsibility and control over another person
- Solving other people's problems and giving unwanted advice.
- Often feeling anger, depression, bitterness, guilt and blame. Experiencing rapid mood swings
- Worrying about another person for a majority of the time
- Allowing themselves to get hurt by the same person over and over again
- Having a difficult time making decisions. Having a hard time putting their own needs first. Having a hard time sticking to boundaries and their boundaries move gradually
- Change their own plans for the benefit of someone else
- Give money to someone to save their situation. Take responsibility for the feelings of others and lie to protect someone from the truths or negative consequences of their behaviors.
- Forget and forsake their own commitments, both in personal and professional circumstances. Prioritize someone else's needs first. Adds their energy to someone else and has little energy left for themselves
- Believe that they can control someone else
- Is afraid to express their views at the risk of creating conflict

- Experiences themselves as a victim of someone else. Feels emotionally controlled by other people
- Has poor self-esteem, blames themselves and does not think that they are good enough. Is afraid of being rejected and left. Does not value their own ability to fend for themselves.
- Trying to control someone else through manipulation, intimidation, bribery, tears, advice, anger, helplessness, or by invoking feelings of guilt.
- Deny reality and live in hope. Embellish what really is and do not want to see the truth
- Often get sick and neglect other commitments because of the abuse consequences
- Develop anxiety, depression and physical illnesses as a result of prolonged stress