Attributes of Codependency

- Believing a relationship with a significant other will fill the ultimate need for love.

- Depending on relationships with emotionally unavailable people to meet own needs.

- Bound in relationships by performance (what I do) rather than core value and worth (who I am).

- Obsession with other people's problems and needs.

- Overly caring for other people to neglect of self-needs. Feeling victimized and "used" as a result.

- Inability to say No.

- Tolerating mistreatment or abuse from people, while justifying their behavior and trying to defend them.

- Avoiding conflict with other people to the point of being unable to speak true feelings or ask for valid needs, oftentimes countered by fits of anger or rage (passive aggressive).

- Covering up for irresponsible people in life by lying or "filling in the gaps" to "help" them.

- Doing for others what they should be doing for themselves.

- Attempting to protect a person from emotional pain or the consequences of unhealthy behaviors, such as using drugs or alcohol. Unaware that doing so enables the problem rather than solving it.

- Directly or indirectly attempting to fix, manage or control another person's problems even if meant in a loving way.

- Trying to please people in life by going out of the way to be helpful, thoughtful or caring and then becoming angry or discouraged if the desired response does not come. (Motives were to get the person to respond, rather than to try to bless them).

- Migrating toward people who need help, yet having a difficult time receiving help from others.

- Being willing to compromise personal belief systems or morals to please another person or to have emotional needs met.

- Worrying about other people's feelings so much that it has a direct effect on one's own feelings. Being bound to another person's emotions. (Happy when they are happy, upset when they are upset).

- Losing one's own interests and identity in close relationships. Believing that the people in one's life are a direct reflection of oneself.

- Fear of being alone or withdrawing out of fear of close relationships.