

12-Step Codependency Worksheet

Patient Information

Name:

Date of Birth:

Contact Information:

Introduction

Today's Date:

Therapist's Name:

Objective:

Step 1 - Admitting Powerlessness:

- Reflect on situations where you've felt powerless over codependency.
- Describe how codependency has negatively affected your life.

Step 2 - Finding Hope:

- Identify areas in your life where you hope to break free from codependency.
- List reasons why you believe change is possible.

Step 3 - Surrender:

- Acknowledge the need for external support in your recovery.
- Describe how you plan to seek help (e.g., therapy, support groups).

Step 4 - Self-Inventory:

- Reflect on your codependent behaviours, triggers, and patterns.
- What are some specific instances where codependency is evident?

Step 5 - Admit Wrongs:

- Take responsibility for actions related to codependency.
- List any individuals you may have harmed due to codependent behaviour.

Step 6 - Readiness for Change:

- Assess your willingness to let go of codependent behaviours.
- What steps can you take to prepare for change?

Step 7 - Ask for Help:

- Describe your understanding of seeking help from a higher power or support system.
- How can this assistance aid in your recovery?

Step 8 - Make Amends:

- Identify individuals you may need to make amends with.
- What actions can you take to make these amends when appropriate?

Step 9 - Direct Amends:

- Specify how you plan to apologize and make amends without causing further harm.
- What strategies can ensure a positive approach?

Step 10 - Ongoing Inventory:

- Explain how you will continue to monitor your codependent behaviours.
- What actions will you take to correct them promptly?

Step 11 - Spiritual Connection:

- Reflect on your spiritual or inner connection for strength.
- How can you nurture this connection as part of your recovery?

Step 12 - Service:

- Describe how you can share your recovery experience and support others.
- How will you contribute to the community and help those struggling with codependency?

Conclusion:

- Summarize key insights and goals from this session.
- Set specific action steps and commitments for the next session.

Next Appointment: