

Avoiding Codependency Worksheet

Part I: Talk about your codependent relationship(s)

Name:	Date:
Are you in a codependent relationship with someone? With whom?	
Why do you think you're in a codependent relationship with that person? Identify the factors.	
Would you like to improve your relationship so it doesn't become codependent, put it on break, or end it completely? Explain.	
Depending on your choice, what would you feel in the coming days, weeks, months, or years?	

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Part II: Talk about yourself, what you love, and your goals

Name:	Date:
What do you like/did like about yourself prior to your relationship(s) becoming codependent?	
What are your interests/hobbies?	
What are your goals?	
Do you have problems hindering you from reaching your goals?	
What do you need to do to get past those problems?	
If you work through your problem, do you think your codependent relationship will transform into a healthier one?	