Codependency is a behavioral condition where a person prioritizes the needs of others to the extent that it becomes detrimental to their own well-

being. It often involves emotional, psychological, and behavioral patterns that result in unhealthy relationships. CODEPENDENT RELATIONSHIPS IRONICALLY ARE PROGRESSIVE AND DETERIORATE OVER TIME AND CAN BECOME DANGEROUS!

RELATIONSHIP INVENTORY CHECKLIST:

This relationship inventory is designed to guide individuals through a deep examination of their relationship patterns, helping them recognize unhealthy dynamics and make intentional changes toward healthier, more fulfilling connections. It is suggested that focus on one person per inventory.

1. Identifying Patterns in Relationships

Do you often feel responsible for others' happiness or emotions?

Do you tend to attract or seek out people who are emotionally unavailable or need fixing?

Have you noticed recurring themes or dynamics in your relationships (e.g., feeling neglected, overly giving, or becoming resentful)?

Do you struggle to maintain your sense of identity and individuality in relationships?

2. Evaluating Boundaries

Do you have difficulty saying "no" even when you want to?

Are you afraid of setting boundaries for fear of rejection or conflict?

Have you ever felt like you compromised your needs or values to keep someone happy?

Do you notice yourself giving more than you receive in relationships, often at your own expense?

3. Assessing Communication Styles

How comfortable are you expressing your thoughts and feelings openly and honestly?

Do you often avoid conflict, even if it means not expressing your true feelings?

Have you noticed yourself using passive-aggressive behavior when you're upset?

Do you find yourself frequently apologizing, even when you haven't done anything wrong?

4. Exploring Emotional Dependency

Do you feel anxious or insecure when you're not in constant contact with your partner or loved ones?

Have you noticed that your mood is often dependent on how others are feeling or treating you?

Do you find it challenging to be alone or take time for yourself without feeling guilty or anxious?

Are you overly concerned about what others think of you or your relationships?

5. Examining Self-Worth in Relationships

Do you seek validation or approval from others to feel worthy or valued?

Do you feel like your self-esteem is heavily influenced by the state of your relationships?

Have you noticed yourself compromising your standards or accepting less than you deserve in relationships?

Do you have difficulty believing that you are enough or worthy of love without having to prove it through your actions?

6. Assessing Reciprocity and Equality

In your relationships, do you feel like there is a balance between giving and receiving?

Have you ever felt like your efforts are not reciprocated or that you're putting in significantly more work than the other person?

Do you experience feelings of resentment or burnout because you feel like you are carrying most of the emotional or physical load?

Are your needs and feelings taken into account when decisions are made in your relationships?

7. Reflecting on Attachment and Control

Do you feel a strong need to control situations or people to feel secure in your relationships?

Have you noticed yourself feeling jealous or possessive when your partner or loved one spends time with others?

Are you afraid of abandonment or rejection, and does this fear influence your behavior in relationships?

Do you feel anxious or distressed when you don't know what your partner or loved one is doing?

8. Understanding Relationship Satisfaction

Overall, do you feel fulfilled, valued, and respected in your relationships?

Do you feel safe to be yourself without fear of judgment, criticism, or rejection?

Are you able to experience joy and positive growth within your relationships, or do you feel drained or burdened most of the time?

Do you feel that your relationships support your personal growth and independence, or do they hinder you from becoming the best version of yourself?

9. Evaluating the Impact on Daily Life

Have your relationships ever negatively impacted your physical, emotional, or mental well-being?

Do you find yourself frequently stressed, anxious, or emotionally drained due to your relationships?

Are you sacrificing your own goals, hobbies, or well-being to prioritize others' needs consistently?

Have your relationships influenced your ability to focus on work, pursue passions, or maintain other important connections in your life?

10. Identifying Unhealthy Relationship Traits

Do you experience feelings of being manipulated, controlled, or coerced by others in your relationships?

Have you felt pressured to stay in a relationship out of fear of being alone or because you think you won't find anyone else?

Are there instances of dishonesty, lack of trust, or frequent misunderstandings in your relationships?

Do you find yourself feeling trapped, helpless, or afraid to express your true needs and desires?

11. Setting Intentions for Change

What specific changes do you want to make in your relationships to promote healthier connections?

Are there relationships you feel need to be redefined, distanced, or let go of to support your growth and well-being?

What steps can you take to strengthen your sense of self, build self-worth, and establish healthier boundaries moving forward?

How can you practice self-love and prioritize your own needs while maintaining balance and respect for others in your relationships?

HAVE A QUESTION? SEND AN EMAIL TO ME!

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