

# Avoiding Codependency Worksheet

## Part I: Talk about your codependent relationship(s)

Name: <input type="text"/>	Date: <input type="text"/>
<b>Are you in a codependent relationship with someone? With whom?</b>	
If you work through your problems, do you think your relationship will change for the better? If so, explain how so.	
<b>Why do you think you're in a codependent relationship with that person? Identify the factors.</b>	
Make sure to explain in detail the factors that make you think/indicate that you are in a codependent relationship. Factors include: <ul style="list-style-type: none"><li>- There is an obsession for a relationship on either side?</li><li>- You (or the other party) have a tendency to be controlling, consciously or unconsciously</li><li>- You have an unhealthy, sometimes desperate need for approval and acknowledgment</li><li>- You have abandonment issues</li><li>- There's no good sense of intimacy or even boundaries between you and the other(s)</li><li>- There is poor communication between you and the other(s)</li><li>- Either or both parties are lying/not honest about how they feel</li><li>- or any other reason you can think of</li></ul>	
<b>Would you like to improve your relationship so it doesn't become codependent, put it on break, or end it completely? Explain.</b>	
Indicate what your ideal is for your relationship. Would you like it to improve? Would you like to put it on hold until either part resolves their issues? Or would you rather end the relationship completely. Try to explain yourself as best as you can.	
<b>Depending on your choice, what would you feel in the coming days, weeks, months, or years?</b>	
Since you're making a choice here, what do you think would you feel after? Would you feel inspired to make your relationship better? Would you be inspired to be better if you decide to put it on hold? Would you feel sad and happy at the same time if you choose to end it?	

# Codependency Workbook Free

**Krystal Mazzola MEd LMFT**



## **Codependency Workbook Free:**

The Codependency Workbook: Free Yourself from Codependency with Evidence-Based Tools and Exercises Laveta Noseff,2021-02-12 Codependency is characterized by a person belonging to a dysfunctional one sided relationship where one person relies on the other for meeting nearly all of their emotional and self esteem needs Situated in intellectual conduct treatment CBT these functional activities are intended to help you set objectives challenge and supplant negative contemplations distinguish your triggers oversee clashes and decrease pressure The Workbook includes In depth explanations Better understand what it means to be codependent how it relates to addiction and the ways that CBT can help you address it Modular approaches Triage your biggest and most immediate concerns with help from exercises that you can complete in any order Easy to use strategies Make it simple to find the time and energy to heal using exercises that are both straightforward and don t take long to complete Break free from codependency and become independent with effective evidence based tools *Codependency Workbook* Rita Hayes,2023-07-23 7 Steps to Break Free from the Chains of Codependency Once and for All Do you feel like you could never be independent Are you tired of feeling like you can t say no in your relationships Do you want to stop putting others before yourself You re not alone You want to be in a healthy fulfilling relationship but you don t know how to stop sabotaging yourself It s not your fault that you don t know how to have better relationships After all no one ever taught us how Codependency is a real issue for many people and it can be tough to break free from the cycle on your own But it doesn t have to control your life anymore Break free from the chains of codependency and finally start living your own life Learn how to identify your codependent behaviors understand why they developed and find new ways to cope with them You will also learn how to set boundaries in relationships and deal with difficult emotions in a healthy way In this workbook you will Finally free yourself Break free from the chains of codependency and put a stop to your people pleasing It s finally time to put yourself first Confront your toxic behaviors Understand how these behaviors developed and get to the root cause of the problem Establish healthier relationships You deserve a happy and healthy relationship after everything you ve been through And after healing a happier and healthier relationship is what you ll find Get on the fast track to healing With these 7 steps you ll be able to immediately begin your healing journey and put an end to your codependency habits Know that the first step to breaking free is to look within yourself and confront your problems face to face So if you re ready to get to the root of the problem together then grab this book today *Codependency Recovery Workbook* Mind Change Academy,2023-12-15 Do you tend to lose sight of who you truly are as a result of investing so much time and energy into another person Do you continue to cling to toxic relationships that cause you anxiety and sadness Do you tend to base your identity on someone else If yes this is an addiction This is codependency And this is the right book for you Whether you are afraid to be alone or afraid of being hurt you might be struggling with codependency issues Codependency is a destructive relationship that causes you to put the needs of someone else before your needs The addict

almost always female relies heavily on her partner or spouse for acceptance belonging and stability If you experience codependency you are not alone Millions of women and men worldwide have codependency issues and millions struggle with addictions The present Codependency Recovery Workbook can help you break free from this pattern Thanks to this manual and its practical proven tools you will live a happier healthier life Balance in fact is necessary to have healthy relationships with others and ourselves This guide presents an enlightening look at codependency offering guidance on how to recognize its signs and behaviors and then point you toward the best way out By following the suggested path you can become a better communicator set boundaries mend romantic relationships and boost your self esteem Chapter exercises provide a working space for self reflection so you can see your situation with fresh eyes and gain a new perspective on your life More precisely this book includes Identify the problem Learn what codependency is and how to look inside yourself Understand the problem what are the causes of codependency and how it develops Accept the problem Learn the power of self awareness and change the way you think Evaluate the solution Self Therapy Group Therapy for Codependency Recovery and many more Breaking free from the cycle of codependency and rebuild self confidence Practical Exercises That Will Transform the Way You Think This is the ONLY comprehensive guide that will take you step by step on this journey to a life without codependency from identification all the way to recovery By reading this Codependency Recovery Workbook you will learn how to establish happy healthy relationships with yourself others and the world around you to enjoy a happier healthier way of living You will also get 2 BONUS that will help you on your way 1 BONUS 1 Emotion Diary 2 BONUS 2 Time Management Problem Solving and Critical Thinking Start building a better relationship with yourself and the people around you using this guide So what are you waiting for Click BUY NOW and start reading immediately **The Codependency Workbook** Krystal

Mazzola,2020-05-05 Declare independence from unhealthy relationships with evidence based tools and exercises Reclaim your sense of self and reclaim your life From family therapist Krystal Mazzola the author of The Codependency Recovery Plan this workbook is a comprehensive resource filled with research based strategies and activities for people seeking to break out of their codependent patterns and reestablish boundaries Based in cognitive behavioral therapy CBT these practical exercises are designed to help you set goals challenge and replace negative thoughts identify your triggers manage conflicts and reduce stress Moments of reflection at the end of each chapter provide helpful summaries as well as motivation to move forward in your recovery The Codependency Workbook includes In depth explanations Better understand what it means to be codependent how it relates to addiction and the ways that CBT can help you address it Modular approaches Triage your biggest and most immediate concerns with help from exercises that you can complete in any order Easy to use strategies Make it simple to find the time and energy to heal using exercises that are both straightforward and don t take long to complete Break free from codependency and establish your independent resiliency [The Codependency Workbook: How Anyone Can Recover from Toxic Relationships and Reclaim Their Self-Worth in 30 Days or Less](#) ALBAN COLE,2025-05-06

Rewrite your story and break free from the painful cycle of codependency Open a new chapter where you can live as the complete and authentic version of yourself embracing self discovery empowerment and independence Are you constantly seeking approval bending over backward to meet the needs of others even at the expense of your own well being Do you often neglect your own desires and boundaries in the process If your answer is yes then you may be exhibiting codependent behavior in one or more types of relationships in your life The main sign of codependency is consistently elevating the needs of others above your own In reality it presents a spectrum of pains and scars that run deep beneath the surface It can manifest in various relationships whether with a partner family member friend or coworker It thrives in environments where there is an imbalance of power emotional instability or a history of dysfunctional relationship dynamics Codependency is a challenging cycle of give and take and the only way out is through profound emotional healing personal growth and transformative change This book serves as your guiding light through the shadows of codependency offering insights practical strategies for coping and emotional intelligence and empathetic support so you can break free from its grip By exploring the roots of codependent behavior and providing actionable steps toward building healthier relationships this book will help you reclaim your autonomy and foster genuine connections based on mutual respect and trust Here is just a fraction of what you will discover within A step by step guided journey to the complete you rediscovering the love you have for yourself The spectrum of codependency understanding the different ways it manifests in life and relationships Exercises for self reflection how to rediscover your needs and desires and foster a deeper connection with yourself How to master the art of unconditional self love so you can bring your complete self to relationships The paradox of people pleasing and why external validation is a honey trap here s a secret people pleasing pleases no one How to set and maintain wise and healthy boundaries in all areas of your life at home at work and in various social scenarios The key to healthy relationships how to write a new language of love for yourself and the people in your life And much more This book understands that change isn t easy especially when you ve given too much for too long It addresses breaking unhealthy habits building trust healing from trauma and enhancing mental health It s easy to say Just assert your wants and needs but taking action is an entirely different mountain to climb This book will help you find the inner strength and will you need to take action and combat codependency This is your sign to end the cycle Step out of the shadows of codependency and live your best most authentic life Scroll up and click the Add to Cart button right now [Codependency Recovery Workbook](#) Samantha Williams,2023-08-09 Codependency is a complex condition that is often not fully understood or accurately diagnosed It arises from unhealthy dynamics in relationships and can manifest in a variety of ways such as excessive neediness self sacrifice clinging obsessiveness control issues avoidance of accountability and emotional manipulation The Codependency Recovery Workbook offers readers a comprehensive guide to understanding healing and ultimately breaking free from the negative patterns associated with codependency and learning to love themselves The book starts by familiarizing readers with the

various forms of codependency that can occur in relationships It clearly defines the signs of codependent behavior and explains what constitutes a codependent relationship In chapter two readers learn how to identify these patterns and explore ways to exit unhealthy relationships [Codependency Recovery Workbook](#) Samantha Williams,2023-08-09 The Codependency Recovery Workbook is an essential guide for anyone wanting to understand and overcome the patterns of codependency Codependency happens in a relationship where one individual is too dependent on the other often sacrificing their needs and well being to please the other This relationship can be harmful to both parties and lead to low self worth depression and anxiety This book aims to help readers understand the patterns of codependency and provide them with the tools to break free from these patterns and create healthier relationships Codependency can develop for many reasons but a significant factor is childhood experiences The relationships we have and observe growing up can shape our ideas about what relationships should be like Other factors like past relationships mental health and attachment styles are also considered Codependent people worry a lot about their relationships and have difficulty setting boundaries

**CODEPENDENCY RECOVERY WORKBOOK** Jessica Tyler,2023-08 Humans have always shown characteristics associated with what we now call codependency Incessant worrying about others has consumed us We ve made efforts to persuade others to view things from our perspective We ve twisted ourselves into knots trying not to offend others and in the process we ve wound up harming ourselves Codependency causes you to prioritize the needs of others above your own to the point that you neglect or don t even recognize your own needs It is normal to wish for a loved one s success and be there for them in difficult times Caring about someone else is a good thing but too much care could hurt you as well as the other person Codependency which is also called relationship addiction happens when someone feels like they have to save or rescue someone by meeting all of their emotional and physical needs **The Codependency Workbook** Krystal Mazzola MEd LMFT,2020-05-05 Free yourself from codependency with evidence based tools and exercises Reclaim your sense of self and reclaim your life From the author of The Codependency Recovery Plan this workbook is a comprehensive resource filled with research based strategies and activities for people seeking to break out of their codependent patterns and reestablish boundaries Based in cognitive behavioral therapy CBT these practical exercises are designed to help you set goals challenge and replace negative thoughts identify your triggers manage conflicts and reduce stress Moments of reflection at the end of each chapter provide helpful summaries as well as motivation to move forward in your recovery The Codependency Workbook includes In depth explanations Better understand what it means to be codependent how it relates to addiction and the ways that CBT can help you address it Modular approaches Triage your biggest and most immediate concerns with help from exercises that you can complete in any order Easy to use strategies Make it simple to find the time and energy to heal using exercises that are both straightforward and don t take long to complete Break free from codependency and become independent with effective evidence based tools [The Codependency Workbook](#) Krystal Mazzola,2020-05-05 Free yourself

from codependency with evidence based tools and exercises Reclaim your sense of self reclaim your life From the same author as The Codependency Recovery Plan The Codependency Workbook is a comprehensive resource filled with research based strategies and activities for people seeking to break out of their codependent patterns Learn how to address mood disorders like depression and anxiety that often appear within codependent relationships With this workbook the path to recovery is clear Discover practical exercises based on Cognitive Behavioral Therapy CBT designed to help you set goals challenge and replace negative thoughts identify your triggers manage conflicts and emotions and reduce stress Moments of reflection at the end of each chapter provide helpful summaries and motivation to move forward in your recovery The Codependency Workbook includes Codependency explained You ll get a better understanding of this condition including a broad look at addiction and the benefits of using CBT to address these issues Modular exercises Triage the concerns you wish to prioritize first with exercises you can complete in any order Inclusive approach Secular therapeutic activities include open discussions about all addictions not just alcoholism Break down the barriers to codependency recovery with realistic exercises and evidence based tools so you can live authentically and independently Your journey starts here

[Codependency Recovery Workbook](#) Linda Hill,2022-04-07 Are you a people pleaser Do you have problems setting boundaries in relationships This is the ONLY guide that will take you to a life without codependency Start recovering today

**CODEPENDENCY RECOVERY WORKBOOK** Jessica Tyler,2023-08 So you just found out you re codependent and ready to break free from that What do you do Being codependent is a very tough situation that affects everything you do in life in ways that are far from awesome You may have noticed that you ve struggled not to control others because you feel out of control and you want nothing more than to stop being bugged down by the pain and resentment you feel Is there any way to set yourself free you wonder By choosing this workbook you ve made the best first step possible Let s face it Codependency sucks Also not everyone is a narcissist Codependents people who have been mistreated in the past and people who have had to put their own needs last for a long time may be victims of abuse and social conditioning without giving into the destructive cravings for power and control that are inherent in addiction **The Codependency Recovery Workbook** Dorothy

Austin,2023-06-15 Are you tired of feeling trapped in the cycle of codependency Ready to break free reclaim your power and thrive This book is here to help you This comprehensive guide holds the transformative wisdom and practical strategies you need to break the chains of codependency and embark on a journey of personal growth Within its pages you ll find Eye opening insights into codependency and its patterns empowering you to recognize its impact on your life A step by step roadmap for breaking free from codependent relationships shedding people pleasing tendencies and cultivating healthy boundaries Expert guidance on embracing self compassion nurturing self love and building unshakable self esteem Proven tools and techniques to navigate hidden abuse heal attachment wounds and create meaningful connections Powerful strategies for effective communication empowering you to express your needs with confidence and clarity But that s not all

This workbook goes beyond the ordinary offering you In depth exploration of the connection between self compassion and codependency recovery helping you foster a deep sense of love and acceptance for yourself Innovative techniques for healing your inner child and rebuilding your self worth unlocking your true potential for happiness and fulfillment Practical advice on setting healthy boundaries and creating a supportive network empowering you to reclaim your personal space and thrive Insightful guidance on the transformative power of self care and mindful practices supporting your overall well being as you embark on this journey of self discovery And there s more As an exclusive addition you ll gain access to additional downloadable content that further enhances your journey toward self compassion and self love This valuable resource can be accessed through a QR code provided inside the book offering you further support and inspiration Are you ready to rewrite your story break free from codependency and embrace a life of authenticity and fulfillment Click the Buy Now button and embark on the extraordinary journey of self discovery and empowerment today

**The Toxic Relationship Recovery Workbook** Krystal Mazzola Wood,2026-03-01 Survivors of toxic intimate relationships often feel stuck and unable to move forward in life after the relationship has ended They may struggle with confusion and uncertainty about who they are experience self doubt and have difficulty setting healthy boundaries with others This evidence based workbook offers powerful skills to help readers gain a better understanding of their relationship trauma boost their self confidence develop self compassion and cultivate a more secure attachment style

**Recovery from Complex PTSD, Codependency and Anxious Attachment** Liam Hoffman, Do you find yourself trapped in a cycle of reliving past traumas constantly seeking validation or fearing abandonment in every relationship You re not alone and there s a way out This manual is more than just a book it s your roadmap to healing Dive deep into the heart of Complex PTSD the binds of codependency and the restless anxieties of insecure attachment Discover why you feel the way you do and more importantly how to break free Inside you ll uncover Real Insights Understand the root of your feelings and reactions Proven Strategies Concrete steps to reclaim your life and relationships Empowering Exercises Transform knowledge into action and healing Don t let the past dictate your future Unlock the life and love you deserve If you re ready for a transformative journey and for satisfying relationships this book is the key Grab your copy now and take the first step towards a brighter tomorrow

**The Codependency Recovery Workbook** Andrei Nedelcu,2025-07-23 Here s how to break free from the bonds of codependency so you can become your best self and thrive in life Do you give too much in your relationships that you ve started to lose your sense of self Does your loved one always rely on you for help but refuse to reciprocate your efforts whenever you need them Do you care so much about their feelings that it starts to impact your life choices These are just some of the signs that you might be in a codependent relationship Others include feeling guilty for expressing your needs being blamed for things that aren t your fault and being constantly disrespected Being stuck in this toxic dynamic can drain you and hinder your personal growth It can make you feel unworthy unloved and ashamed every time you try to say no especially when your self respect is on the

line But remember this in a healthy relationship the other person makes you feel loved and respected without having to beg for it and vice versa You re also able to grow thrive and make healthy choices when you re in a positive and supportive environment To do that you first need to leave behind what s not working A codependent relationship can stop you from being true to yourself pursuing your goals and nurturing your self esteem Let this book help you recover from codependency rebuild your identity and live a life aligned with your values Inside you ll discover How a codependent personality develops and the first step to healing 10 symptoms of codependency and how to identify and work through them How to safely remove yourself from emotionally abusive situations Ways to regain control over your emotions before they take over your life What narcissism is and why codependents are drawn to narcissists How to set healthy boundaries and stop others from taking advantage of you Techniques to free your mind from intrusive thoughts that drag you down How to express your feelings honestly without hurting or offending others And much more You ll also find reflection exercises to increase your self awareness and help you release repressed emotions so you can reconnect with your true self and live with more confidence clarity and inner peace It s time to love yourself even more so you can carefully choose the people you allow in your life After all you deserve to have healthy relationships and feel fulfilled If you re ready to overcome codependency and become your best self scroll up and click Add to Cart now

[Setting Boundaries](#) Krystal Mazzola Wood,2023-09-05 Build healthy boundaries manage difficult relationships and live a happy life in accordance with your personal values with this unique activity based supplement to start or support your therapy practice Setting boundaries can be tough you don t want to disappoint other people but you also don t want to be stuck in a situation that makes you uncomfortable or unhappy The good news is that setting healthy boundaries is really a good thing that can make you happier and strengthen those relationships you were so worried about So how do you get started Setting boundaries is an important skill and the only way to get better is by practicing In this book you ll find 100 activities that will help you become better at setting boundaries Dive into activities that will get you thinking about and practicing those boundaries that are most important to you You ll learn How to find your boundary setting role model to encourage you in those tough moments How to consider your authentic schedule and then how to give up on tasks and activities that don t match your values to set boundaries around your personal time How to develop authentic holiday celebrations while navigating complicated family situations How to say no gently And much more Whether you re a recovering people pleaser or want to build new boundaries that match other changes in your life these activities will give you the tools you need to get started Boundaries are healthy important and even necessary to create the life you want so start building your happier life today

[Mental Health Strong](#) Erin Ramachandran,2019-05-20 Do you feel hopeless tired and worn out Do you feel as though you re losing your own mind Are you ready to give up on your marriage because of your spouse s mental health or addiction challenge Twenty percent of the US adult population is diagnosed with a mental health condition each year Fifty percent of the US adult population is married Twenty to 80 percent

of marriages where a mental health condition exists are more likely to end in divorce depending upon the diagnosis In Mental Health Strong Erin Ramachandran and her husband Keith believe their purpose is to help marriages affected by this 20 50 80 statistic not merely survive but thrive They encourage marriages impacted by mental health or addiction challenges to work toward being Mental Health Strong Written from the perspective of a spouse whose partner battles multiple mental health conditions this guide offers real life faith based practical examples and resources Mental Health Strong leverages more than fifty resources that have worked for Erin as she lives with the realities of her husband s mental illness day in and day out Erin shares steps which include prayers and Bible verses that spouses can adopt to walking resiliently alongside their partners against the backdrop of a mental health condition [Codependency Recovery Workbook](#) Samantha Williams,2023-08-09

Have you ever felt like you constantly give to others and sacrifice your own needs Do you find yourself putting other people s needs ahead of your own Do you feel like your relationships are one sided and unfulfilling If so then you may be living with codependency Codependency issues can lead to unhealthy relationships This type of behavior often involves trying to control the other person s emotions and actions thinking those sacrifices will ward off any potential conflict or abandonment Over time this compulsion can be exhausting and damaging to both parties leading to a feeling of isolation and unhealthy attachments that stand in the way of true intimacy Understanding exactly what codependency is and how it manifests itself in a relationship can be integral for both people involved if they are to regain their autonomy and create a stronger connection

*Who Am I? Healing from Codependency* Gina Pazzaglia,2017-06-19 What is codependency Am I affected by codependency If so am I able to do anything about it This workbook addresses these questions and more explaining the ways people end up in codependent relationship patterns how to identify them and how to move past them Several exercises reflections and skill practices will aid you in building new patterns with healthy personal boundaries and compassionate self care Reflect on your past to clear out old emotional clutter to let your future self to be productive free and happy despite what anybody else tells you or any circumstances dictate

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