My Codependency Patterns

Caring is good. The question is whether my care still includes me.

Name: _____ **Date:** _____

1 The four core patterns

Circle how strong each one is for me right now (0 = not at all, 10 = all the time)

Outward focus	My attention is fixed on their moods and choices	0	1	2	3	4	5	6	7	8	9	10
Self-sacrifice	I put my needs last, again and again	0	1	2	3	4	5	6	7	8	9	10
Fixing and control	I try to manage or fix their problems	0	1	2	3	4	5	6	7	8	9	10
Holding feelings in	I push my feelings down until they spill	0	1	2	3	4	5	6	7	8	9	10

2 Signs I notice

Tick any that happen often

- ☐ I feel responsible for their feelings
- ☐ If they are not okay, I am not okay
- ☐ I feel anxious when I am not needed
- ☐ My friends and hobbies have shrunk
- ☐ I find it hard to accept help myself
- ☐ I cover for them or make excuses
- ☐ I give advice they did not ask for
- ☐ I hide my own feelings to keep peace
- ☐ I stay up worrying about their choices
- ☐ I feel used, then guilty for feeling it

3 Map one recent rescue

The last time I stepped in to fix, cover or manage something for someone

Who it was with (circle): partner parent adult child friend coworker other: _____

What happened, and what I did: _____

What I felt just before I stepped in: _____

What it cost me (time, money, sleep, mood, other plans): _____

What happened for them afterwards: _____

Was it mine to fix? (circle) yes partly no Why: _____

What I could do differently next time: _____

What I needed in that moment: _____

Something I will do for me this week instead: _____

Who can support me: _____

Original layout by Lotus & Tulip. A reflection and practice tool, not a test or a diagnosis.

Free printable from Lotus & Tulip · lotustulip.com/codependency-worksheet.html

My Care Without Losing Me Plan

I can love someone and still let their choices be theirs. I practice small and log what really happens.

Name: _____ **Date:** _____

1 Mine or theirs?

Sort what is on my mind. Mine: my feelings, choices, limits. Theirs: their feelings, choices, results.

Mine to handle	Theirs to handle

2 Hand one thing back, and meet my own needs

Start small. One task, three needs, one tiny step each

One thing I will hand back: _____

What I will say (kind and short): _____

My need 1: _____ Small step this week: _____

My need 2: _____ Small step this week: _____

My need 3: _____ Small step this week: _____

3 When guilt or pushback shows up

Stepping back often feels wrong at first. That does not mean it is wrong.

What I will tell myself: _____

My boundary sentence if they push back: _____

e.g. "I love you, and I trust you to handle this one."

4 My 5 day log

One line a day

Day	Something I did for me	Something I handed back	Guilt 0 to 10
Mon			
Tue			
Wed			
Thu			
Fri			

For therapists and clients

1. Codependency is a self help term, not a diagnosis. Over caring often began as love, loyalty or a way to cope.
2. Family members do not cause someone else's addiction. Changing how I respond can still help us both.
3. With a violent or controlling partner, stepping back can raise risk. Plan for safety first (US hotline 1-800-799-7233).
4. Strong distress, self-harm or hopelessness needs a full assessment and a trained therapist, not a worksheet alone.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

Original layout by Lotus & Tulip. A reflection and practice tool, not a test or a diagnosis.

Free printable from Lotus & Tulip · lotustulip.com/codependency-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Boundaries Worksheets for Therapists, saying no, script builder and handling pushback

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607401853 | instant digital download

See every page first: lotustulip.com/boundaries-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.