



Patterns of Codependence

DENIAL
PATTERNS

CODA Behaviors	Healthy Behaviors
Have difficulty identifying what they are feeling	Aware of your feelings and identify them, often in the moment. Know the difference between thoughts and feelings
Minimize, alter, or deny how they truly feel	Embrace feelings, knowing they are valid and important
Perceive themselves as completely unselfish and dedicated to the wellbeing of others	Know the difference between caring and caretaking. Recognize that caretaking others is often motivated by a need to benefit self
Lack empathy for the feelings and needs of others	Able to feel compassion for another's feelings and needs
Label others with their negative traits	Acknowledge that you may own the negative traits you perceive in others
Think they can take care of themselves without any help from others	Acknowledge that you sometimes need the help of others
Mask pain in various ways such as anger, humor or isolation	Aware of painful feelings and express them appropriately
Express negativity or aggression in indirect and passive ways	Able to express feelings openly, directly and calmly
Do not recognize the unavailability of those people to whom they are attracted	Pursue intimate relationships only with others who want, and are able to engage in, healthy and loving relationships

LOW SELF-ESTEEM PATTERNS

CODA Behaviors	Healthy Behaviors
Have difficulty making decisions	Trust your ability to make effective decisions
Judge what you think, say or do harshly, nothing is ever good enough	Accept yourself as you are. Emphasize progress over perfection
You are embarrassed to receive recognition, praise or gifts	Feel appropriately worthy of the recognition, praise or gifts received
Value other's approval of their thinking, feeling and behavior over their own	Value the opinions of those you trust without needing to gain their approval. Have confidence in yourself
Do not perceive yourself as lovable or worthwhile	Recognize yourself as being a lovable and valuable person
See recognition and praise to overcome feeling less than	Seek your own approval first and examine your motivation carefully when you seek motivations from others.
Have difficulty admitting a mistake	Continue to take a personal inventory and when you are wrong, promptly admit it
Need to appear to the right in the eyes of others and may even lie to look good	Honest with self about behaviors and motivation. Feel secure enough to admit mistakes to self and others and to hear their opinions without feeling threatened.
Are unable to identify or ask for what you need and want	Meet your own needs and wants when possible. Reach out for help when it is necessary and appropriate
Perceive themselves as superior to others	Perceive self as equal to others
Have difficulty getting started, meeting deadlines and completing projects	Avoid procrastinating by meeting responsibilities in a timely manner
Have trouble setting healthy priorities and boundaries	Able to establish and uphold health priorities and boundaries

COMPLIANCE
PATTERNS

CODA Behaviors	Healthy Behaviors
Are extremely loyal, remaining in harmful situations too long	Committed to your safety and leave situations that feel unsafe or are inconsistent with your goals
Compromise your own values and integrity to avoid rejection or anger	Rooted in your own values, even if others don't agree or become angry
Put aside your own interests in order to do what others want	Consider your interests and feelings when asked to participate in another's plans
Are hypervigilant regarding the feelings of others and take on those feelings	Can separate your feelings from the feelings of others. Allow yourself to experience your feelings and others to be responsible for their feelings
Are afraid to express your beliefs, opinions and feelings when they differ from those of others	Respect my own opinions and feelings and express them appropriately
Accept sexual attention when they want love	Sexuality is grounded in genuine intimacy and connection. When you need to feel loved, you express your heart's desires. You do not settle for sex without love.
Make decisions without regard to the consequences	Ask for guidance and consider possible consequences before you make decisions
Give up your truth to gain the approval of others or to avoid change	Stand in your truth and maintain your integrity whether others approve or not, even if it means making difficult changes in your life

CONTROL
PATTERNS

CODA Behaviors	Healthy Behaviors
Believe people are incapable of taking care of themselves	Realize that, with rare exceptions, other adults are capable of managing their own lives
Attempts to convince others what to think, do or feel	Accept the thoughts, choices and feelings of others, even though you may not be comfortable with them
Freely offer advice and direction without being asked	Give advice only when asked
Become resentful when others decline their help or reject their advice	You are content to see others take care of themselves
Give lavish gifts and favors on those they want to influence	Are careful and honestly contemplate motivations when preparing to give a gift
Use sexual attention to gain approval and acceptance	Embrace and celebrate your sexuality as evidence of your health and wholeness. Do not use it to gain the approval of others
Have to feel needed in order to have a relationship with others	Develop relationships with others based on equality, intimacy and balance
Demand that their needs be met by others	Find and use resources that meet your needs, without making demands on others. Ask for help when you need it, without exception
Use charm and charisma to convince others of your capacity to be caring and compassionate	Behave authentically with others, allowing your caring and compassionate qualities to emerge
Use blame and shame to exploit others emotionally	Ask directly for what you want and need and trust the outcome. Do not try and manipulate outcomes with blame or shame
Refuse to cooperate, compromise or negotiate	Cooperate, compromise and negotiate with others in a way that honors my integrity
Adopt an attitude of indifference, helplessness, authority or rage to manipulate outcomes	Treat others with respect and consideration and trust that your needs and desires will be met
Use jargon in an attempt to control the behaviors of others	Use education and experience for your own growth and not to manipulate or control others
Pretend to agree with others to get what they want	Your communication with others is authentic and truthful



**AVOIDANT
PROBLEMS**

CODA Behaviors	Healthy Behaviors
Act in ways that invite others to reject, shame or express anger toward them	Act in ways that encourage loving and healthy response from others
Judge harshly what others think, say or do	Keep an open mind and accept others as they are
Avoid emotional, physical or sexual intimacy as a way to maintain distance	Engage in emotional, physical or sexual intimacy when it is healthy and appropriate for me
Allow addictions to people, places and things to distract you from achieving intimacy in relationships	Use healthy tools and choices to develop healthy and fulfilling relationships
Use indirect or evasive communication to avoid conflict or confrontation	Use direct and straightforward communication to resolve conflicts and deal appropriately with confrontations
Suppress your feelings or needs to avoid feeling vulnerable	Embrace your own vulnerability by trusting and honoring your feelings and needs
Pull people toward you but when others get close, push them away	Welcome close relationships while maintaining healthy boundaries
Believe displays of emotion are a sign of weakness	Honor your weakness emotions and share them when appropriate
Withhold expressions of appreciation	Freely engage in expressions of appreciation toward others.