

Codependency checklist

Here is a quick checklist; if you answer yes to three or more questions then the chances are that you suffer from co-dependence and would benefit from therapy:

1. Do you feel responsible for other people's feelings, thoughts and needs?
2. Do you often put your needs last?
3. Do you often feel unappreciated and resentful: "after all I've done for you and you treat me like this?"
4. Do you seem to always choose emotionally or physically unavailable partners?
5. Do you care for others in the hope that they will love you: "don't worry about me, lets worry about you"?
6. Are your friends and partners often in a crisis?
7. Are you the rock that others lean on?
8. Do you feel you have to have an answer for other people's problems?
9. Do you often wonder why others don't put themselves out for you as you would for them?
10. Do you often feel under too much pressure, having over committed yourself?

If you recognise yourself in this description see you can try these suggestions that can help:

- Put yourself first and pretty much no matter what, follow through on a week of regular self care that includes things like eating something you enjoy that is healthy and at a regular time, having a long relaxing bath, meditation, going for a walk/ singing/reading/chatting to a friend/doing something you love, say no instead of yes if that's what you feel, having an early night!
- Ask yourself how you feel too, 3 times a day, and respond with kindness

If you think you suffering from codependency then give us a call, we can help

Call 020 7323 4970

www.charterharleystreet.com