



Overcoming Codependency

Signs and root causes of codependency:

- Are you constantly looking for ways to please those around you?
- Do you have poor boundaries, and find yourself saying 'yes' when you mean 'no'?
- Are you always taking care of others and forgetting to take care of yourself?
- When things don't work out the way you expected, do you blame others for it?
- Do you depend on others to define your own identity and values?
- Do you have low self-esteem?

If you answered 'yes' to most of these questions, use the resources below for more information.

Resources:

Book: *Cleansing the Sanctuary of the Heart: Tools for Emotional Healing*, by David and Beverly Sedlacek.

Websites:

Codependency and women: <http://www.psychologyineverydaylife.net/2013/07/21/the-codependent-woman/>

Recovery from codependence:

<https://www.psychologytoday.com/blog/getting-back-out-there/201703/recovering-codependency>

Signs and symptoms: <https://www.whatiscodependency.com/symptoms-of-codependency/>

Codependency quiz: <https://www.northpointrecovery.com/addiction-quizzes/codependent-quiz.php>

10 behaviors of codependent people and self-tests:

<https://www.recoveryconnection.com/top-ten-indicators-suffer-codependency/>

12 steps recovery program: www.AdventistRecoveryGlobal.org

**“I praise you because I am fearfully and wonderfully made; your works are wonderful,
I know that full well.” – Psalm 139:14 (NIV)**

