

12 Step Codependency Worksheets

Codependency Checklist

Name: _____ Age: _____

Instructions: This checklist is designed to help you assess codependent tendencies in your behavior and relationships. For each item, indicate whether it applies to you by selecting "Yes" or "No." Be honest with yourself as you evaluate your responses. After completing the checklist, use the scoring guide to understand your codependency level.

QUESTIONS	YES	NO
Do you often prioritize others' needs above your own?	<input type="checkbox"/>	<input type="checkbox"/>
Are you unable to assert your boundaries effectively?	<input type="checkbox"/>	<input type="checkbox"/>
Do you frequently seek approval or validation from others?	<input type="checkbox"/>	<input type="checkbox"/>
Have you remained in an unhealthy or abusive relationship?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty saying "no" even when it's in your best interest?	<input type="checkbox"/>	<input type="checkbox"/>
Are you excessively preoccupied with other people's problems?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel responsible for others' happiness?	<input type="checkbox"/>	<input type="checkbox"/>
Have you neglected your own goals and aspirations for the sake of someone else?	<input type="checkbox"/>	<input type="checkbox"/>
Do you avoid conflict at all costs, even when it's necessary?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel guilty when taking time for self-care?	<input type="checkbox"/>	<input type="checkbox"/>
Have you struggled to identify your own emotions?	<input type="checkbox"/>	<input type="checkbox"/>

12 Step Codependency Worksheets: Your Path to Recovery

Are you struggling with codependency? Do you find yourself constantly prioritizing others' needs above your own, leaving you feeling drained, anxious, and resentful? You're not alone. Millions grapple with codependency, a pattern of behavior characterized by an excessive emotional or psychological dependence on another person. This comprehensive guide provides you with access to 12 step codependency worksheets designed to help you break free from these unhealthy patterns

and cultivate a healthier, more fulfilling life. We'll explore how these worksheets can assist you in identifying codependent behaviors, understanding their roots, and developing strategies for lasting change.

Understanding Codependency and the 12-Step Approach

Before diving into the worksheets, let's briefly define codependency. Codependency isn't just about being a "people-pleaser." It's a complex condition stemming from various factors, including dysfunctional family dynamics, trauma, and learned behaviors. Individuals struggling with codependency often sacrifice their own needs, boundaries, and sense of self to maintain relationships, even if those relationships are toxic.

The 12-step approach, famously associated with Alcoholics Anonymous, offers a structured framework for recovery from various addictive behaviors and dysfunctional patterns, including codependency. It emphasizes self-reflection, accountability, and support from a community of peers facing similar challenges. The worksheets we'll discuss act as valuable tools within this framework, guiding you through each step of the process.

12 Step Codependency Worksheets: A Practical Guide

While specific worksheets vary, the general principles remain consistent with the 12 steps. Here's a breakdown of how worksheets can support each stage:

Step 1: Admitting Powerlessness Over Codependency

Worksheet Focus: Self-assessment of codependent behaviors, identifying situations where you felt powerless, and acknowledging the impact on your life. This often involves journaling exercises and reflective questions.

Step 2: Believing in a Power Greater Than Ourselves

Worksheet Focus: Exploring spiritual or higher power concepts that offer comfort, guidance, and strength. This might involve identifying personal values, nature, or a religious belief system.

Steps 3-4: Making a Decision to Turn Our Will and Lives Over

Worksheet Focus: Identifying areas where we've tried to control others or situations and practicing surrender. Worksheets might include exercises to identify personal strengths and weaknesses.

Step 5: Admitting the Exact Nature of Our Wrongs

Worksheet Focus: Honest self-reflection on specific codependent behaviors, their consequences, and the impact on ourselves and others. This involves writing down specific instances and analyzing patterns.

Step 6: Being Entirely Ready to Have God Remove These Defects

Worksheet Focus: Identifying specific codependent traits you want to change and expressing a willingness to let go of control.

Step 7: Humbly Asking God to Remove Our Shortcomings

Worksheet Focus: This step focuses on prayer or meditation, expressing a desire for help in overcoming codependency.

Step 8: Making a List of Persons We Have Harmed

Worksheet Focus: Identifying people affected by your codependency and reflecting on the impact of your actions.

Step 9: Making Direct Amends to Such People

Worksheet Focus: Developing plans to make amends, focusing on genuine remorse and making amends, not necessarily expecting forgiveness.

Step 10: Continuing to Take Personal Inventory

Worksheet Focus: Ongoing self-reflection and identifying recurring patterns to maintain vigilance and prevent relapse.

Step 11: Seeking God Through Prayer and Meditation

Worksheet Focus: Continued spiritual practice to maintain strength and focus on recovery.

Step 12: Carrying the Message to Others

Worksheet Focus: Reflecting on your journey and how you can help others struggling with codependency.

Finding and Utilizing Codependency Worksheets

Many resources are available online and in print offering codependency worksheets. Search for "12 step codependency worksheets PDF" or explore websites dedicated to addiction recovery and codependency support groups. Remember to choose worksheets that resonate with you and support your individual needs.

Conclusion

The journey to recovery from codependency is challenging but achievable. Utilizing 12-step codependency worksheets can provide a structured and practical approach, guiding you through self-reflection, accountability, and the development of healthier coping mechanisms. Remember to seek professional support from a therapist or counselor specializing in codependency to maximize your chances of success. Combine these worksheets with therapy and support groups for a holistic approach to recovery.

FAQs

1. Are these worksheets suitable for all levels of codependency? These worksheets are adaptable, and their effectiveness depends on the individual's commitment to the process. It's beneficial to start with self-assessment and gradually work through the steps.
2. Can I use these worksheets anonymously? Absolutely. These are personal self-reflection tools; anonymity is entirely possible.
3. Where can I find professionally designed 12-step codependency worksheets? Many websites dedicated to addiction recovery and codependency support groups offer downloadable resources. Your therapist may also provide you with tailored worksheets.
4. How often should I use these worksheets? There's no set schedule. Consistency is key. Aim for regular reflection, even if it's just a few minutes daily.
5. Are these worksheets a replacement for therapy? No, these worksheets are supplementary tools to support your recovery journey. Professional therapy is crucial for personalized guidance and support.

12 step codependency worksheets: Codependents' Guide to the Twelve Steps Melody Beattie, 1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous. Offers specific exercises and activities for use by individuals and in group settings.

12 step codependency worksheets: Recovery Russell Brand, 2017-10-03 A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms? Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and

clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

12 step codependency worksheets: Codependent No More Workbook Melody Beattie, 2011-03-09 This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine love and forgiveness; and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

12 step codependency worksheets: Codependent No More Melody Beattie, 2009-06-10 In a crisis, it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--*Codependent No More*. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency*, *The Language of Letting Go*, *Stop Being Mean to Yourself*, *The Codependent No More Workbook* and *Playing It by Heart*.

12 step codependency worksheets: Big Book Awakening Dan Sherman, 1992-01-01 Written to be used in conjunction with, not instead of the *Big Book of Alcoholics anonymous*. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA *Big Book*. You write notes and questions from the *Big Book Awakening* into your own *Big Book* for personal consideration. After you have completed this process yourself your *Big Book* is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They then themselves write the same notes into their own *Big Book* to one day do the same.

12 step codependency worksheets: Alive Again Howard C. Samuels, Jane O'Boyle, 2013-03-27 A powerful book on addiction recovery by a doctor who overcame addiction himself, the renowned founder and president of The Hills Treatment Center in Los Angeles Howard Samuels is one of the world's leading drug and alcohol addiction experts who runs the prestigious The Hills Treatment Center in Los Angeles. Decades ago, from the age of sixteen until he was thirty-two, Dr. Samuels had his own intense struggle with addiction to cocaine and heroin. Using his own compelling story as inspiration as well as case studies of his patients from all walks of life, Dr. Samuels shows how readers can recover from alcoholism and drug addiction by following this 12-step program to happiness and fulfillment in sobriety. This self-help book provides hope, inspiration, and prescriptive advice for those who want to recover as well as guidance for friends and family members seeking help for someone they love. Written from the unique perspective of a recovering addict who has helped thousands of people overcome addiction to alcohol and drugs Shares with readers for the first time in book form The Hills' world-renowned treatment program Tells Samuels' personal

recovery story as the son of a prominent politician and businessman among the rich and famous in New York and Washington Contains a groundbreaking prescriptive program showing how to work each of the 12 steps Examines the cause of addictions, relapses, and fallback addictions Contains important information for family and friends of those struggling with addiction, including steps for intervention and healing The author appears regularly on TV

12 step codependency worksheets: The Teen Relationship Workbook Kerry Moles, 2001 This workbook is for therapists, counselors, and other professionals working with young people to prevent or end relationship abuse. Designed to teach teens to recognize the warning signs in relationship abuse and develop skills for healthy relationships.

12 step codependency worksheets: Codependency For Dummies Darlene Lancer, 2012-04-06 Codependency is much more widespread than originally thought. You don't even have to be in a relationship. Codependents have trouble accepting themselves, so they hide who they are to be accepted by someone else. Codependency for Dummies is the most comprehensive book on the topic to date. It describes the history, symptoms, causes, and relationship dynamics of codependency and provides self-assessment questionnaires. The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises, practical advice, and helpful daily reminders to help you know, honor, protect, and express yourself. It clarifies deep psychological dynamics that underlie codependency, yet is written in a conversational style that's easily understandable by everyone. You will learn: How to raise your self-esteem The difference between care-giving and codependent care-taking The difference between healthy and dysfunctional families How to set boundaries How to separate responsibility for yourself and for others How to overcome guilt and resentment

12 step codependency worksheets: Encyclopedia of Human Services and Diversity Linwood H. Cousins, 2014-09-05 Encyclopedia of Human Services and Diversity is the first encyclopedia to reflect the changes in the mission of human services professionals as they face today's increasingly diverse service population. Diversity encompasses a broad range of human differences, including differences in ability and disability, age, education level, ethnicity, gender, geographic origin, religion, sexual orientation, socioeconomic class, and values. Understanding the needs and problems of Asian Americans, Hispanic Americans, the deaf, the blind, the LGBT community, and many other groups demands an up-to-date and cutting-edge reference. This three-volume encyclopedia provides human services students, professors, librarians, and practitioners the reference information they need to meet the needs of an increasingly diverse population. Features: 600 signed entries are organized A-to-Z across three volumes. Entries, authored by key figures in the field, conclude with cross references and further readings. A Reader's Guide groups related articles within broad, thematic areas, such as aging, community mental health, family and child services, substance abuse, etc. A detailed index, the Reader's Guide, and cross references combine for search-and-browse in the electronic version. A helpful Resource Guide guides students to classic books, journals, and web sites, and a glossary assists them with the terminology of the field. Available in both print and electronic formats, Encyclopedia of Human Services and Diversity is an ideal reference for students, practitioners, faculty and librarians.

12 step codependency worksheets: Twelve Steps of Adult Children , 2007-03 This is the conference-approved companion workbook to the ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

12 step codependency worksheets: Sexy. Strong. Sober. A Recovery Journal, 2019-05-28 This sobriety journal has been created to help you capture your progress during your fight against addiction. The journal is a 60 days planner for alcoholism & drug addiction recovery and each double page allows you to: define a daily goal and track your daily mood write down a positive affirmation take notes about your thoughts draw daily conclusions (did I stay sober? what did I accomplish today?) The journal also contains some advises and exemples to create positive affirmation and fill daily pages in order to help you down the road to recovery. This makes a great

gift for any loved one fighting against addiction.

12 step codependency worksheets: *Refuge Recovery* Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful *Refuge Recovery* system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

12 step codependency worksheets: *The Language of Letting Go* Melody Beattie, 2009-12-12 Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

12 step codependency worksheets: *The Better Boundaries Workbook* Sharon Martin, 2021-11-01 Do you have trouble saying no, or constantly sacrifice your own needs to please others? If so, this evidence-based workbook will help you set healthy boundaries in all aspects of your life—without feeling guilty or afraid. If you find yourself feeling responsible for others' happiness, worrying about letting people down, or struggling to speak up for yourself, you probably have difficulty setting healthy boundaries. Establishing clear personal boundaries is essential to creating and nurturing mutually respectful relationships based on equality. Setting limits can also protect you from getting involved in exploitative relationships, and help you avoid toxic personalities who don't have your best interests at heart. This evidence-based workbook will show you how to set healthy boundaries across all aspects of life—without sacrificing your kindness or compassion for others. You'll learn to define your boundaries and discover why they're so important for your emotional well-being. You'll also find a wealth of tips for maintaining boundaries in a constantly-connected world, strategies for what to do when people get upset or threatened by your assertiveness, and ways to make sure your needs are met. If you're tired of feeling guilty or afraid of putting your mental and physical health first, are ready to take back control of your life, and create healthy and balanced relationships, this book will show you how to step up and set limits, assert yourself confidently, and realize your full potential.

12 step codependency worksheets: *The Everything Guide to Codependency* Jennifer Sowle, 2014-06-15 Break free of codependency and embrace your true self! Are you codependent? Do you make other people's problems your own? Do you find it hard to set boundaries and take care of your own needs? In this reassuring guide, Dr. Jennifer Sowle helps you learn how to identify your own destructive behavior, regain self-esteem, and set healthy boundaries in all types of relationships. Inside, you'll learn how to move beyond codependency by: Discovering patterns in yourself and others. Developing noncodependent language and communication skills. Learning to journal and practice new skills at home. Engaging your partner in change. Breaking the spell of codependency and discovering the real you. With *The Everything Guide to Codependency*, you can break the cycle of codependency and enabling. Dr. Sowle offers expert advice and practical

techniques to help transform codependent relationships into healthy, fulfilling ones.

12 step codependency worksheets: *Al-Anons Twelve Steps & Twelve Traditions* Al-Anon Family Group Headquarters, Inc, 2005-12-01

12 step codependency worksheets: *The Codependency Recovery Plan* Krystal Mazzola, 2019-03-05 Break away and recover from patterns of codependency It could start as lending an occasional hand, but over time, escalates into putting someone else above everything else—even our own well-being. Balance is needed for healthy relationships with others and ourselves. The Codependency Recovery Plan presents an enlightening look at codependency, where it comes from, and a detailed pathway out. The Codependency Recovery Plan fully explains codependency, its symptoms, and the factors that contribute to its development. It offers guidance on ways to recognize codependent behavior, become a better communicator, set boundaries, mend romantic relationships, and raise your self-esteem. Chapter exercises provide a workspace for self-reflection so that you can see your situation with fresh eyes, and gain a new perspective on your own life. Independence starts with a step-by-step plan: Step 1: Get in Touch with Your “Self”—Learn to look inward and become self-reliant. Step 2: Prioritize Self-Care—Honor and value your own self-worth and be kind to yourself. Step 3: Build Boundaries—Set limits for giving your life and love to others. Step 4: Maintain Open Communication—Speak comfortably and confidently with your support network. Step 5: Nurture Intimacy—Create healthy and constructive connections. Start building a better relationship with yourself and the people around you using The Codependency Recovery Plan.

12 step codependency worksheets: *Self-Help That Works* John C. Norcross, Linda F. Campbell, John M. Grohol, PsyD, John W. Santrock, Florin Selagea, M.S., Robert Sommer, Ph.D., 2013-04-11 Previously published under title: Authoritative guide to self-help resources in mental health.

12 step codependency worksheets: *Spent* Sally Palaian, 2011-04-07 Leading psychologist and financial commentator Palaian offers a tested, step-by-step guide to help people break the spending obsession by looking within. Today, Americans are saving less, carrying larger debt loads, losing their homes to foreclosure, and filing bankruptcy in record numbers. Yet, people continue to spend more than they can afford. The advice of financial planners only treats the symptoms of overspending. In *Spent*, Sally Palaian offers proven plans for taking on a range of personal issues with money by examining those underlying emotional, familial, and societal factors that trigger spending behaviors. *Spent* teaches readers to control shopping, pay off debt, develop budgets, and become financially competent through: - easy-to-use assessment tools designed to pinpoint the severity of a problem - questionnaires that facilitate the exploration of the root causes of unhealthy financial behaviors - user-friendly exercises created to influence change from within Palaian's system for financial recovery is also designed to help hoarders, financial codependents, and underachievers attain lasting, positive change and a healthy view of one's true value in life. Palaian has spoken about financial disorders for various therapy associations and has served as an expert in the media on mental disorders and spending, most recently for MSN Money.

12 step codependency worksheets: *Healing the Addicted Brain* Harold Urschel, 2009-04-01 New York Times Bestseller! New, scientifically-based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction. Dr. Urschel is at the forefront of this treatment paradigm. Dr. Larry Hanselka, Psychologist The Proven Scientific Approach to Conquering Addiction and Defeating the Disease Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease—based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years. It combines the best behavioral addiction treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications. Using this scientific approach, you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction. The proven fact is addiction is not a moral failing or an issue of not having enough willpower. It is a disease of the brain that can and must be treated like other chronic

medical illnesses —such as diabetes, hypertension, or asthma—in order to defeat the disease. This revolutionary program can triple the success rate of patients, from 20-30% to 90% There Is Hope. By understanding addiction and using 21st-century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated.

12 step codependency worksheets: Walking the 12 Steps with Jesus Christ , 2008-01-01

12 step codependency worksheets: Breaking Free of the Co-Dependency Trap Janae B. Weinhold, Barry K. Weinhold=, 2010-09-24 This bestselling book, now in a revised edition, radically challenges the prevailing medical definition of co-dependency as a permanent, progressive, and incurable addiction. Rather, the authors identify it as the result of developmental traumas that interfered with the infant-parent bonding relationship during the first year of life. Drawing on decades of clinical experience, Barry and Janae Weinhold correlate the developmental causes of co-dependency with relationship problems later in life, such as establishing and maintaining boundaries, clinging and dependent behaviors, people pleasing, and difficulty achieving success in the world. Then they focus on healing co-dependency, providing compelling case histories and practical activities to help readers heal early trauma and transform themselves and their primary relationships.

12 step codependency worksheets: Codependent Cure Jean Harrison, Beattie Grey, 2019-02-22 Imagine a powerful solution for saying No to your loved ones WITHOUT risking their affection... Do you need external validation just to function properly? Are you constantly putting out fires and fixing other people's problems while neglecting your own? Are your fears of abandonment so strong that you feel as if one of your limbs is being amputated when someone leaves you? If so, you're not alone. Many people have tried various methods to overcome their codependency with little to NO success, leaving them feeling hopeless. You wake up each day feeling like a shell of your former self, lost in a never-ending cycle of putting others' needs before your own. Saying no to helping others feels incredibly guilty, and the fear of losing their love often prevents you from putting yourself first. While it's healthy to be needed and valued by your loved ones, it can become a problem when it drives most of your decisions and behaviors... Especially if you're only comfortable in relationships where you feel like the person can't live without you. Imagine a powerful solution to assertively say no to your loved ones WITHOUT losing their love - allowing you to stop being an emotional sponge and finally put yourself first! It's called Codependent Cure - A revolutionary, scientifically-backed guide published by bestselling author Jean Harrison, for breaking the chains of codependency and developing emotional resilience. With the proven techniques and strategies outlined in this book, countless individuals have reclaimed their lives, moving away from the relentless pursuit of validation and the habit of people-pleasing. Here's just a small fraction of what you'll discover: □ The hidden link between codependency and addiction to break the enabling cycle □ The art of setting boundaries like a pro and handling resistance with finesse □ The #1 platform destroying your self-worth & why you must leave immediately □ How to shortcut your healing from codependency with 3 powerful routines □ A bulletproof system designed for maintaining your recovery after healing □ How to spot the subtle warning signs of a codependent relationship that often go unnoticed by many □ How to explore dating while shielding yourself from predators eager to trap you in toxic relationships □ And Much, Much More Exclusive Bonus: You'll also get access to a powerful 3-step toolkit, complete with practical worksheets and exercises, designed to rapidly dissolve codependent patterns and speed up your recovery journey. Codependent Cure helps you learn to stop abandoning yourself for the sake of others while you learn how to honor your emotions, set boundaries, and finally speak your truth. Your happiness and needs are just as important as those of others, so now is the time to take care of them! If you're ready to liberate yourself from the grips of codependency and explore the happiness and fulfillment waiting for you... Then secure your copy of this book today!

12 step codependency worksheets: Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and

culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

12 step codependency worksheets: Boundary Boss Terri Cole, MSW, LCSW, 2021-04-20 Break Free From Over-Functioning, Over-Delivering, People-Pleasing, and Ignoring Your Own Needs So You Can Finally Live the Life You Deserve! Most of us were never taught how to effectively express our preferences, desires or deal-breakers. Instead, we hide our feelings behind passive-aggressive behavior, deny our own truths, or push our emotions down until we get depressed or so frustrated that we explode, potentially destroying hard-won trust and relationships. The most successful and satisfied people on the planet have one thing in common: the ability to create and communicate clear, healthy boundaries. This ability is, hands down, the biggest game changer when it comes to creating a healthy, happy, self-determined life. In Boundary Boss, psychotherapist Terri Cole reveals a specific set of skills that can help you stop abandoning yourself for the sake of others (without guilt or drama) and get empowered to consciously take control of every aspect of your emotional, spiritual, physical, personal, and professional life. Since becoming a Boundary Boss is a process, Cole also offers actionable strategies, scripts, and techniques that can be used in the moment, whenever you need them. You will learn: • How to recognize when your boundaries have been violated and what to do next • How your unique "Boundary Blueprint" is unconsciously driving your boundary behaviors, and strategies to redesign it • Powerful boundary scripts so in the moment you will know what to say • How to manage "Boundary Destroyers"—including emotional manipulators, narcissists, and other toxic personalities • Where you fall on the spectrum of codependency and how to create healthy, balanced relationships This book is for women who are exhausted from over-giving, overdoing, and even over-feeling. If you're getting it all done but at the expense of yourself, give yourself the gift of Boundary Boss.

12 step codependency worksheets: A Gentle Path Through the Twelve Steps Patrick Carnes, 2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded

12 step codependency worksheets: The Narcotics Anonymous Step Working Guides ,

1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

12 step codependency worksheets: The CBT Workbook for Perfectionism Sharon Martin, 2019-01-02 If you feel an intense pressure to be perfect, this evidence-based workbook offers real strategies based in cognitive-behavioral therapy (CBT) to help you develop a more balanced and healthy perspective. Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let it. So, how can you find balance? With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals. Life isn't perfect, and neither are we. If you're ready to break free from out-of-control perfectionism and start living a richer, fuller life, this workbook will help you get started.

12 step codependency worksheets: The Christian Codependence Recovery Workbook Stephanie Tucker, 2012-09-01 This second revised version offers a group leader's manual updated material. The Christian Codependence Recovery Workbook: From Surviving to Significance takes you through a truth-finding journey to reveal your system of love, life and relationships. It practically addresses the manifest behaviors, emotions and needs of the codependent, while simultaneously introducing the precious truths of God's love. This workbook doesn't just diagnose the problem, but offers the healing principles of the Lord Jesus Christ in a fresh and profound way. When applied, you will have the opportunity to walk in freedom and grace, rather than bondage and control. Above all, this journey allows you to find freedom, purpose and identity in Christ. This book is written for anyone who wants to grow closer to the Lord, and to embrace healthy and whole relationships.

12 step codependency worksheets: Courage to Change—One Day at a Time in Al-Anon II Al-Anon Family Groups, 2018-08-01 More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

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12 step codependency worksheets: How to Do the Work Dr. Nicole LePera, 2021-03-09 #1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of the holistic psychologist—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon "The Holistic Psychologist" was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In *How to Do the Work*, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life.

Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

12 step codependency worksheets: *The Genesis Process* Michael Dye, 2023-02-16 Client workbook used by individuals for the Genesis Process relapse prevention counseling.

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12 step codependency worksheets: *In This Moment Daily Meditation Book* Co-Dependents Anonymous, Co-Dependents Anonymous Staff, 2006-11 Meditations for each day of the year with index.

12 step codependency worksheets: *Facing Love Addiction - reissue* Pia Mellody, Andrea Wells Miller, J. Keith Miller, 2011-11-22 A brilliant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized authority on dependency and addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, physical, and sexual abuses. Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from clearing up the toxic feelings left over from childhood and learning to reparent oneself by intervening on the adult symptoms of codependence. Central to Mellody's concept is the idea of the precious child that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, *Breaking Free*, this is a powerful tool for understanding the nature of codependence.

12 step codependency worksheets: *Out-of-Control* Melanie Gordon Sheets, Melanie Gordon Sheets Ph D, 2010-03-08 Emotionally penetrating 420 PAGES PACKED with insight generating text, questions, worksheets, skills and attitudes to GET CONTROL of OUT-OF-CONTROL emotions, behaviors and thinking. A practical blend of DBT, CBT, and AA targets relapse/recovery struggles, anger, depression, anxiety, toxic thinking, the past, loss, relationships, destructive coping - substance abuse, suicide/self-harm, physical/verbal rages, codependency, overeating, overshopping, etc. Life-changing, turns defeated hearts into empowered spirits psychologically prepared for the challenges of recovery. Learn acceptance, Lean Into pain/problems, choose battles, set boundaries, use Rational Mind and the Wise Mind Worksheet to work through destructive thoughts/impulses to stop the Cycle of Suffering. Captures the dynamic process of the highly acclaimed modified DBT

group for general, forensic and VA patients. Dr. Sheets informal, down-to-earth, humorous, southern character and passion for recovery defines this work.

12 step codependency worksheets: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

12 step codependency worksheets: Days of Healing, Days of Joy Earnie Larsen, Carol Larsen Hegarty, 2010-06-04 Children of alcoholic or addicted parents may be stripped of hope, courage, and self-esteem. The dysfunctional family is fueled by shame and chaos, stunting children's relationships and self-acceptance. Adult children of alcoholics and addicts need encouragement to overcome these childhood deprivations. Days of Healing, Days of Joy models a program of serenity, spirituality, and acceptance through its meditations. "Children of alcoholics are set up for their struggles. You are not sick. You got set up." —Dr. Jan Woititz Alcoholic or addicted parents may become focused on their compulsion while their children fend for themselves in a dysfunctional household. Without helpful and informative parental guidance, children manage their own personal growth, and their spiritual and emotional health suffers. Children parent themselves, and their innocence dies. Parents with addiction may not have demonstrated healthy connection and love to their children. Adult children of addicts or alcoholics are often shadowed by this disconnect; codependency, self-judgment, and overzealous loyalty darken their doorway. Fortunately, healing and recovery are within reach. In Days of Healing, Days of Joy, Earnie Larsen and Carol Larsen Hegarty share the reflective and peaceful insight needed for growing up again—this time with plenty of love and patience.

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