

CODEPENDENCY & RECOVERY - *The Differences*

1. In co-dependency, my good feelings stem from *you* liking me;
In Recovery my good feelings stem from *me liking me*.
2. In co-dependency, my good feelings stem from *your* approval;
In Recovery, it's *self-approval* that determines my good feelings.
3. In co-dependency, your struggle affects my serenity;
In Recovery, your struggle matters because *I care about you*, but *it does not control how I feel about myself*.
4. In co-dependency, my self-esteem is bolstered by solving *your* problems, relieving *your* pain;
In Recovery, my self-esteem comes from solving *my* problems, sometimes *experiencing* my pain.
5. In co-dependency, my mental attention is focused on pleasing *you*;
In Recovery, I'm free to please *me* even when it may not please you.
6. In co-dependency, my mental attention is focused on *protecting you*;
In Recovery, I protect *me*, even if sometimes you must protect yourself without my help.
7. In co-dependency, I may *disguise my feelings*, manipulating you to do it my way.
In Recovery, *I tell the truth about my feelings*, regardless of the consequence
8. In co-dependency, my hobbies and interests are put aside; *your* hobbies and interests dominate;
In Recovery, *I pursue my hobbies and interests*, even if that means spending time away from you.
9. In co-dependency, your clothing, behaviour and appearance are dictated by me, as you are a reflection of me;
In Recovery, you dress, behave, and appear as you wish, regardless of how it makes me feel.
10. In co-dependency, I am not aware of what *I* want; I ask and am aware of what you want;
In Recovery, I am not only conscious of my own wants; I verbalise and take action to achieve them.
11. In co-dependency, my dreams I have for my future are all linked to *you*;
In Recovery, my dreams are my own even if they do include you.
12. In co-dependency, my fear of your rejection determines what I say or do;
In Recovery, my commitment to strength, hope and recovery determines what I say or do.
13. In co-dependency, I'm afraid of your anger, it determines what I say or do;
In Recovery, I have no control over your anger, and it has no control over me.
14. In co-dependency, I use giving as a way of feeling safe in our relationship;
In Recovery, I can still give because pleasing you pleases me, but I want to receive as well. And that two-way connection has nothing to do with safety or fear.
15. In co-dependency, my social circle diminishes as I involve myself with you;
In Recovery, I hope that you'll like my friends, but if you don't, I'll understand.
16. In co-dependency, I put my values aside to connect with *you*;
In Recovery, my values are *mine*, as the core of my being they are sacrosanct.
17. In co-dependency, I value *your* opinion and way of doing things more than my own.
In Recovery, I value your opinion and procedures, but not at the expense of mine.
18. In co-dependency, the quality of my life is in relation to the quality of *yours*;
In Recovery, the quality of our lives is separate, with clear boundaries separating the two.
19. In co-dependency, I tell everything right away, seek intimacy at the first meeting, and fall in love before I have any real information about who you are and what you can contribute to my life;
In Recovery, I allow time and friendship to intercede; I am not overwhelmed by you and can discern inappropriate behaviour.
20. In co-dependency, when something needs to be done and no one is willing to do it, I automatically assume responsibility saying, "someone has to do it".
In Recovery, I operate from a position of choice, letting go, trusting to a Higher Power when circumstances dictate my saying "no" to someone else's needs.