**History Timeline**

**Patterns of codependency + Patterns of healthy behavior**

**Infant to 5 Years**

**5 Years to 12 Years**

**12 Years to 18 Years**

**18 Years to 22 Years**

**22 Years to 30 Years**

**30 Years to 40 Years**

**40 Years to 50 Years**

**40 Years to 60 Years**

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| **Denial Patterns** |
| **Codependents often...** | **How I HURT MYSELF** | **How I HURT OTHERS** | **In recovery...** |
| Have difficulty identifying what they are feeling. |   |   | I am aware of my feelings and identify them, often in the moment. I know the difference between my thoughts and my feelings. |
| Minimize, alter, or deny how they truly feel. |   |   | I embrace my feelings; they are valid and important. |
| Perceive themselves as being completely unselfish and dedicated to the well-being of others. |   |   | I know the difference between caring and caretaking. I recognize that caretaking others is often motivated by the need to benefit myself. |
| Lack empathy for the feelings and needs of others. |   |   | I am able to feel compassion for another's feelings and needs |
| Label others with their negative traits. |   |   | I acknowledge that I may own the negative traits I often perceive in others. |
| Think they can take care of themselves without any help from others. |   |   | I acknowledge that I sometimes need the help of others. |
| Mask pain in various ways such as anger, humor, or isolation. |   |   | I am aware of my painful feelings and express them appropriately. |
| Express negativity or aggression in indirect and passive ways. |   |   | I am able to express my feelings openly, directly, and calmly. |
| Do not recognize the unavailability of those people to whom they are attracted. |   |   | I pursue intimate relationships only with others who want, and are able to engage in, healthy and loving relationships. |
| **Low Self-Esteem Patterns** |
| **Codependents often...** | **How I HURT MYSELF** | **How I HURT OTHERS** | **In recovery...** |
| Have difficulty making decisions. |   |   | I trust my ability to make effective decisions. |
| Judge what they think, say, or do harshly, as never good enough. |   |   | I accept myself as I am. I emphasize progress over perfection. |
| Are embarrassed to receive recognition, praise, or gifts. |   |   | I feel appropriately worthy of the recognition, praise, or gifts I receive |
| Value others' approval of their thinking, feelings, and behavior over their own. |   |   | I value the opinions of those I trust, without needing to gain their approval. I have confidence in myself. |
| Do not perceive themselves as lovable or worthwhile persons. |   |   | I recognize myself as being a lovable and valuable person. |
| Seek recognition and praise to overcome feeling less than. |   |   | I seek my own approval first, and examine my motivations carefully when I seek approval from others. |
| Have difficulty admitting a mistake. |   |   | I continue to take my personal inventory, and when I am wrong, promptly admit it. |
| Need to appear to be right in the eyes of others and may even lie to look good. |   |   | I am honest with myself about my behaviors and motivations. I feel secure enough to admit mistakes to myself and others, and to hear their opinions without feeling threatened. |
| Are unable to identify or ask for what they need and want. |   |   | I meet my own needs and wants when possible. I reach out for help when it's necessary and appropriate. |
| Perceive themselves as superior to others. |   |   | I perceive myself as equal to others. |
| Look to others to provide their sense of safety. |   |   | With the help of my Higher Power, I create safety in my life. |
| Have difficulty getting started, meeting deadlines, and completing projects. |   |   | I avoid procrastination by meeting my responsibilities in a timely manner. |
| Have trouble setting healthy priorities and boundaries. |   |   | I am able to establish and uphold healthy priorities and boundaries in my life. |
| **Compliance Patterns** |
| **Codependents often...** | **How I HURT MYSELF** | **How I HURT OTHERS** | **In recovery...** |
| Are extremely loyal, remaining in harmful situations too long. |   |   | I am committed to my own safety and leave situations that feel unsafe or are inconsistent which my goals. |
| Compromise their own values and integrity to avoid rejection or anger. |   |   | I am rooted in my own values, even if others don't agree or become angry. |
| Put aside their own interests in order to do what others want. |   |   | I consider my interests and feelings when asked to participate in another's plans. |
| Are hypervigilant regarding the feelings of others and take on those feelings. |   |   | I can separate my feelings from the feelings of others. I allow myself to experience my feelings and others to be responsible for their feelings. |
| Are afraid to express their beliefs, opinions, and feelings when they differ from those of others. |   |   | I respect my own opinions and feelings and express them appropriately. |
| Accept sexual attention when they want love. |   |   | My sexuality is grounded in genuine intimacy and connection. When I need to feel loved, I express my heart's desires. I do not settle for sex without love. |
| Make decisions without regard to the consequences. |   |   | I ask my Higher Power for guidance and consider possible consequences before I make decisions. |
| Give up their truth to gain the approval of others or to avoid change. |   |   | I stand in my truth and maintain my integrity, whether others approve or not, even if it means making difficult changes in my life. |
| **Control Patterns** |
| **Codependents often...** | **How I HURT MYSELF** | **How I HURT OTHERS** | **In recovery...** |
| Believe most other people are incapable of taking care of themselves. |   |   | I realize that, with rare exceptions, other adults are capable of managing their own lives. |
| Attempt to convince others what to think, do, or feel. |   |   | I accept the thoughts, choices, and feelings of others, even though I may not be comfortable with them. |
| Freely offer advice and direction without being asked. |   |   | I give advice only when asked. |
| Become resentful when others decline their help or reject their advice. |   |   | I am content to see others take care of themselves. |
| Lavish gifts and favors on those they want to influence. |   |   | I carefully and honestly contemplate my motivations when preparing to give a gift. |
| Use sexual attention to gain approval and acceptance. |   |   | I embrace and celebrate my sexuality as evidence of my health and wholeness. I do not use it to gain the approval of others. |
| Have to feel needed in order to have a relationship with others. |   |   | I develop relationships with others based on equality, intimacy, and balance. |
| Demand that their needs be met by others. |   |   | I find and use resources that meet my needs without making demands on others. I ask for help when I need it, without expectation. |
| Use charm and charisma to convince others of their capacity to be caring and compassionate. |   |   | I behave authentically with others, allowing my caring and compassionate qualities to emerge. |
| Use blame and shame to exploit others emotionally. |   |   | I ask directly for what I want and need and trust the outcome to my Higher Power. I do not try to manipulate outcomes with blame or shame. |
| Refuse to cooperate, compromise, or negotiate. |   |   | I 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. |   |   | I treat others with respect and consideration, and trust my Higher Power to meet my needs and desires. |
| Use recovery jargon in an attempt to control the behavior of others. |   |   | I use my recovery for my own growth and not to manipulate or control others. |
| Pretend to agree with others to get what they want. |   |   | My communication with others is authentic and truthful. |
| **Avoidance Patterns** |
| **Codependents often...** | **How I HURT MYSELF** | **How I HURT OTHERS** | **In recovery...** |
| Act in ways that invite others to reject, shame, or express anger toward them. |   |   | I act in ways that encourage loving and healthy responses from others. |
| Judge harshly what others think, say, or do. |   |   | I keep an open mind and accept others as they are. |
| Avoid emotional, physical, or sexual intimacy as a way to maintain distance. |   |   | I engage in emotional, physical, or sexual intimacy when it is healthy and appropriate for me. |
| Allow addictions to people, places, and things to distract them from achieving intimacy in relationships. |   |   | I practice my recovery to develop healthy and fulfilling relationships |
| Use indirect or evasive communication to avoid conflict or confrontation. |   |   | I use direct and straightforward communication to resolve conflicts and deal appropriately with confrontations. |
| Diminish their capacity to have healthy relationships by declining to use the tools of recovery. |   |   | When I use the tools of recovery, I am able to develop and maintain healthy relationships of my choosing. |
| Suppress their feelings or needs to avoid feeling vulnerable. |   |   | I embrace my own vulnerability by trusting and honoring my feelings and needs. |
| Pull people toward them, but when others get close, push them away. |   |   | I welcome close relationships while maintaining healthy boundaries. |
| Refuse to give up their self-will to avoid surrendering to a power greater than themselves. |   |   | I believe in and trust a power greater than myself. I willingly surrender my self-will to my Higher Power. |
| Believe displays of emotion are a sign of weakness. |   |   | I honor my authentic emotions and share them when appropriate. |
| Withhold expressions of appreciation. |   |   | I freely engage in expressions of appreciation toward others. |

**Fourth Step Chart (from the CoDA Book)**

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| **Person** | **My codependent behavior & reactions** | **My feelings that drove those behaviors** | **Consequences to the person, myself & the relationship** | **My feelings about my behavior & consequences** |
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| **Positive Attributes Chart** |
| **Attribute** | **Action or Behavior** | **Feeling** | **Progress in Recovery** |
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**List of positive qualities & characteristics**



List of positive qualities & characteristics, there are many many more. Here is a list of some of them:

* Accurate
* Adventurous
* Ambitious
* Appreciative
* Artistic
* Assertive
* Attentive
* Bold
* Capable
* Caring
* Charming
* Clean
* Clever
* Consistent
* Constructive
* Convincing
* Cooperative
* Courageous
* Courteous
* Creative
* Curious
* Decisive
* Dependable
* Easygoing
* Educated
* Efficient
* Enthusiastic
* Ethical
* Experienced
* Fashionable
* Fit
* Forgiving
* Frank
* Friendly
* Funny
* Gentle
* Grateful
* Hard-working
* Helpful
* Honest
* Humane
* Humble
* Imaginative
* Independent
* Individualistic
* Interesting
* Inventive
* Kind
* Likable
* Logical
* Loyal
* Mature
* Methodical
* Modern
* Modest
* Motivated
* Neat
* Observant
* Open-minded
* Patient
* Perceptive
* Polite
* Positive
* Practical
* Productive
* Proficient
* Progressive
* Prompt
* Punctual
* Purposeful
* Quick
* Realistic
* Reasonable
* Relaxed
* Reliable
* Resilient
* Resourceful
* Respectful
* Responsible
* Romantic
* Self-confident
* Self-disciplined
* Self-reliant
* Sensitive
* Serious
* Shows initiative
* Strong
* Suave
* Supportive
* Talented
* Thoughtful
* Thrifty
* Trustworthy
* Unselfish
* Versatile
* Warm
* Wholesome
* Willing
* Wise