Codependents Anonymous

What is Codependency?

My mental attention is focused on pleasing others, solving their problems or relieving their pain.
I feel responsible for another's feelings and behavior.
I allow others' responses or opinions determine what I say or do.
I have difficulty maintaining intimate, loving relationships.
I have to be "needed" in order to have a relationship with others.
I lavish gifts and favors on those I care about.
I become resentful when others will not let me help them.
I put aside my own interests and hobbies in order to do what others want.
I do not perceive myself as a lovable or worthwhile person.
I do not ask others to meet my needs or desires.

Sound Familiar?

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships.

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