

**SOMETIMES CAREGIVERS CAN BECOME CO-DEPENDENT**  
**SIGNS MAY INCLUDE**

My good feelings about who I am stem from being liked by you

My good feelings about who I am stem from receiving approval from you

Your struggles affect my serenity. My mental attention focuses on solving your problems or relieving your pain

My mental attention is focused on pleasing you

My mental attention is focused on protecting you

My mental attention is focused on manipulating you “to do it my way”

My self esteem is bolstered by solving your problems

My self esteem is bolstered by relieving your pain

My own hobbies and interests are put aside. My time is spent sharing your interests and hobbies

Your clothing and personal appearance is dictated by my desires as I feel you are a reflection of me

Your behavior is dictated by my desires as I feel you are a reflection of me

I am not aware of how I feel, I am aware of how you feel. I am not aware of what I want, I ask what you want. If I am not aware I assume

The dreams I have for my future are linked to you

My fear of rejection determines what I say or do

My fear of your anger determines what I say or do

I use giving as a way of feeling safe in our relationship

My social circle diminishes as I involve myself with you

I value your opinion and way of doing things more than my own

The quality of my life is in relation to the quality of yours