

Recovery patterns of codependence

Compliance Patterns

Codependents often:	In Recovery:
Are extremely loyal, remaining in harmful situations too long.	I am committed to my safety and leave situations that feel unsafe or are inconsistent with 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 hyper vigilant 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 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.