

## Recovery patterns of codependence

### Denial Patterns

<b>Codependents often:</b>	<b>In Recovery:</b>
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 feelings.
Minimize, alter or deny how they truly feel.	I embrace my feelings: they are valid and important.
Perceive themselves as 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 a 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.