

Recovery patterns of codependence

Low Self-esteem Patterns

Codependents often:	In Recovery:
Have difficulty making decisions.	I trust my ability to make, effect decisions.
Judge what they think, say, or do harshly, as never good enough.	I accept myself as I am, and I emphasize progress over perfection.
Are embarrassed to receive recognition, praise or gifts.	I feel appropriately worthy of the recognition, praise, 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 loveable 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.