

Recovery patterns of codependence

Control Patterns

Codependents often:	In Recovery:
Believe people are incapable of taking care of themselves.	I realize that with rare exceptions, other adults are capable of managing their own lives.
Attempt to convince others what to think, do, or feel.	I accept the thoughts, choices, and feelings of others, even though I may not be comfortable with them.
Freely offer advice and direction without being asked.	I give advice only when asked
Become resentful when others decline their help or reject their advice.	I am content to see others take care of themselves.
Lavish gifts and favors on those they want to influence.	I carefully and honestly contemplate my motivations when preparing to give a gift.
Use sexual attention to gain approval and acceptance.	I embrace and celebrate my sexuality as evidence of my health and wholeness. I do not use it to gain the approval of others.
Have to feel needed in order to have a relationship with others	I develop relationships with others based on equality, intimacy, and balance.
Demand that their needs be met by others.	I find and use resources that meet my needs without making demands on others. I ask for help when I need it, without expectation.
Use charm and charisma to convince others of their capacity to be caring and compassionate.	I behave authentically with others, allowing my caring and compassionate qualities to emerge.
Use blame and shame to exploit others emotionally.	I ask directly for what I want and need and trust the outcome to be ok. I ask for help when I need it, without expectation.
Refuse to cooperate, compromise, or negotiate.	I cooperate, compromise, and negotiate with others in a way that honors my integrity.
Adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.	I treat others with respect and consideration, while simultaneously meeting my needs and desires.
Use recovery jargon in an attempt to control the behavior of others.	I use my recovery for my own growth and not to manipulate or control others.
Pretend to agree with others to get what they want.	My communication with others is authentic and truthful.