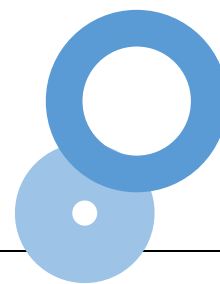


Progressive patterns of codependence behaviours



Compliance Patterns

Codependents often:	Progress:
Act in ways that invite others to reject shame, or express anger toward them.	I act in ways that encourage loving and healthy responses from others.
Judge harshly what others, think, say or do.	I keep an open mind and accept others as they are.
Avoid emotional, physical, or sexual intimacy as a way to maintain distance.	I engage in emotional, physical or sexual intimacy when it is healthy and appropriate for me.
Allow addictions to people, places, and things to distract them from achieving intimacy in relationships.	I practice my recovery to develop healthy and fulfilling relationships.
Diminish their capacity to have healthy relationships by declining to use the tools of recovery.	When I use the tools of recovery, I am able to develop and maintain healthy relationships of my choosing.
Suppress their feelings or needs to avoid feeling vulnerable.	I embrace my own vulnerability by trusting and honoring my feelings and needs.
Pull people toward them, but when others get close, push them away.	I welcome close relationships while maintaining healthy boundaries.
Refuse to give up their self-will to avoid responsibility for their co-dependent behaviours.	I believe in and trust that I can take responsibility for my codependent communication patterns and change.
Believe displays of emotion are a sign of weakness.	I honor my authentic emotions and share them when appropriate.
Withhold expressions of appreciation.	I freely engage in expression of appreciation toward others.