

## Codependency worksheets free: Version 2

Difference between codependent and healthy relationship:

<b>Codependent Relationship</b>	<b>Healthy Relationship</b>
Trying to fix someone else's situation or problem	Supporting through listening and validation
Trying to control/manage your partner's emotions	Allowing your partner to experience their own emotions
Absorbing your partner's emotions and behaviours and allowing them to dictate your own	Observing your partner's emotions and behaviours without being controlled by them (detachment)
Focusing on your partner's needs at the expense of your own	Identifying your own emotions and needs within the relationship
Moving your boundaries in order to accommodate your partner	Setting boundaries and expecting them to be respected
Repressing your emotions and needs; pretending you don't have them	Telling your partner what your emotions are and what you need from them
Ignoring your friends, activities, preferences to make sure your partner is taken care of	Practicing self-care and living your own life, separate from your life with your partner
Being who you think your partner wants you to be	Being authentically yourself