

## Worksheet for Codependency

Fill the table provided in the worksheet related to your codependent relationship.

<b>In a Codependent relationship?</b>	<b>Cause of codependent relationship</b>	<b>What do you think is maintaining your codependent behavior</b>	<b>Effects of codependent behavior on your life</b>	<b>How can you recover from this codependent relationship?</b>