

Codependency worksheets for group therapy

What you do being a codependent person	What you should do for recovery
<i>Being a codependent person you do not express your needs and feelings. You have no individual space for yourself or for others.</i>	<i>I will give space to myself and others, i will try to focus on my individual needs</i>
<i>You expect too much from people you think they will love you as you love them and they will do everything like you do but when they don't do it you feel negative emotions and get hurt.</i>	
<i>You fear too much that people will leave you, you do everything so you don't have to face that situation but people leave you because you can never change what it's meant to be, you regret over your way too efforts.</i>	
<i>You make people happy in every way possible even if they are doing anything you think any time you say NO to them will break your relation and you stay with them and their unhealthy ways.</i>	