

# Integrated Therapeutic Solutions, LLC

www.integratedtherapeuticsolutions.com

2450 Atlanta Hwy, Unit 1403 ☞ Cumming, GA 30040 ☞ 678.722.1031

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## Codependent

### Denial patterns:

- I have difficulty identifying what I am feeling.
- I minimize, alter or deny how I truly feel.
- I perceive myself as completely unselfish and dedicated to the well-being of others.
- I lack empathy for the feelings and needs of others.
- I label others with my negative traits.
- I can take care of myself without any help from others.
- I mask my pain in various ways such as anger, humor, or isolation.
- I express negativity or aggression in indirect and passive ways.
- I do not recognize the unavailability of those people to whom I am attracted.

### Low self-esteem patterns:

- I have difficulty making decisions.
- I judge everything I think, say or do harshly, as never "good enough."
- I am embarrassed to receive recognition and praise or gifts.
- I do not ask others to meet my needs or desires.
- I value others' approval of my thinking, feelings and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.
- I constantly seek recognition that I think I deserve.
- I am jealous of the relationships between others I would like to have as my own.
- I have difficulty admitting that I made a mistake.
- I need to appear to be right in the eyes of others and will even lie to look good.
- I perceive myself as superior to others.
- I look to others to provide my sense of safety.
- I have difficulty getting started, meeting deadlines, and completing projects.
- I have trouble setting healthy priorities.

### Avoidance patterns:

- I act in ways that invite others to reject, shame, or express anger toward me.
- I judge harshly what others think, say, or do.
- I avoid emotional, physical, or sexual intimacy as a means of maintaining distance.
- I allow my addictions to people, places, and things to distract me from achieving intimacy in relationships.
- I use indirect and evasive communication to avoid conflict or confrontation.
- I diminish my capacity to have healthy relationships.
- I suppress my feelings or needs to avoid feeling vulnerable.
- I pull people toward me, but when they get close, I push them away.
- I believe displays of emotion are a sign of weakness.
- I withhold expressions of appreciation.

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## Compliance patterns:

- I compromise my own values and integrity to avoid rejection or others' anger.
- I am very sensitive to how others are feeling and feel the same.
- I am extremely loyal, remaining in harmful situations too long.
- I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.
- I put aside my own interests and hobbies in order to do what others want.
- I accept sex and/or sexual attention when I want love.
- I am afraid to express my beliefs, opinions, and feelings when they differ from those of others.
- I make decisions without regard to the consequences.
- I give up my truth to gain the approval of others or to avoid change.

## Control patterns:

- I believe most other people are incapable of taking care of themselves.
- I attempt to convince others of what they "should" think and how they "truly" feel.
- I become resentful when others will not let me help them.
- I freely offer others advice and directions without being asked.
- I lavish gifts and favors on those I care about.
- I use sex to gain approval and acceptance.
- I have to be "needed" in order to have a relationship with others.
- I demand that my needs be met by others.
- I use charm and charisma to convince others of my capacity to be caring and compassionate.
- I use blame and shame to emotionally exploit others.
- I refuse to cooperate, compromise, or negotiate.
- I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.
- I have obsessive, compulsive thinking patterns and cannot focus on daily activities.
- I pretend to agree with others to get what I want.

