

12-Step Codependency Worksheet

Patient Information

Name: Sarah Smith

Date of Birth: June 15, 1985

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Introduction

Today's Date: September 20, 2023

Therapist's Name: Dr. Nathaniel Anderson

Objective:

To address codependency issues in Sarah's life, promote healthier behaviors and relationships, and provide a structured framework for her recovery.

Step 1 - Admitting Powerlessness:

- Reflect on situations where you've felt powerless over codependency.
- Describe how codependency has negatively affected your life.

Sarah reflects on her recent experiences with her partner, Mark, where she felt powerless over her need to constantly please him.

She acknowledges that codependency has negatively impacted her self-esteem and emotional well-being.

Step 2 - Finding Hope:

- Identify areas in your life where you hope to break free from codependency.
- List reasons why you believe change is possible.

Sarah identifies hope in the possibility of change. She hopes to break free from her pattern of seeking validation from others.

She believes that change is possible through self-awareness and healthier coping mechanisms.

Step 3 - Surrender:

- Acknowledge the need for external support in your recovery.
- Describe how you plan to seek help (e.g., therapy, support groups).

Sarah recognizes that seeking external support is crucial for her recovery. She plans to attend therapy sessions regularly to address her codependency.

She will also reach out to a support group to build a network of individuals who understand her struggles.

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SJ Ball



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