

12-Step Codependency Worksheet

Patient Information

Name: Sarah Smith

Date of Birth: June 15, 1985

Contact Information: sarah.smith@email.com | (555) 555-5555

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.

Codependent No More Printable

Melody Beattie



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Codependent No More Melody Beattie, 2009-06-10 In a crisis it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If like so many others you've lost sight of your own life in the drama of tending to someone else's, you may be codependent and you may find yourself in this book. *Codependent No More*: The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency, charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency*, *The Language of Letting Go*, *Stop Being Mean to Yourself*, *The Codependent No More Workbook*, and *Playing It by Heart*. **Codependent No More** Melody

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Beattie, 2011-03-09 This highly anticipated workbook will help readers put the principles from Melody Beattie's international best-seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling exercises and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits.

developing a support system through healthy relationships with others and a higher power experiencing genuine love and forgiveness and letting go and detaching from others harmful behaviors Whether fixated on a loved one with depression an addiction an eating disorder or other self destructive behaviors or someone who makes unhealthy decisions this book offers the practical means to plot a comprehensive personalized path to hope healing and the freedom to be your own best self

Summary of Codependent No More QuickChapters,2025-09-03 Why do we sacrifice our own well being to fix or control others In her groundbreaking classic Melody Beattie shines a light on codependency the destructive pattern of losing yourself while trying to rescue those you love Codependent No More has helped millions recognize these patterns and begin the journey toward self care healing and freedom This summary breaks down Beattie s compassionate insights and practical strategies into a clear easy to digest guide You ll learn how to identify codependent behaviors set healthy boundaries and reclaim your sense of self without guilt or fear Alongside Beattie s timeless lessons this summary highlights the updated edition s focus on trauma and anxiety making her message more relevant than ever Whether you re struggling with a difficult relationship supporting someone with addiction or simply seeking to live more authentically this summary offers the key takeaways to help you stop controlling others and start caring for yourself Disclaimer This is an unofficial summary and analysis of Codependent No More by Melody Beattie It is designed solely to enhance understanding and aid in the comprehension of the original work

The Language of Letting Go Melody Beattie,2003-01-31 Fear shame anger self doubt Helping people let go of self destructive thoughts emotions and behaviors has been the life work of acclaimed author Melody Beattie For more than a decade millions of readers have turned to Beattie s classic meditation book The Language of Letting Go as a wellspring for daily reflection affirmation and change Now the journal edition of this best seller features the entire original meditation text in a format that affords room for readers to record their thoughts fears and accomplishments Key features and benefits Beattie s work is known and trusted among self help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author Melody Beattie is the author of numerous books about personal growth and relationships drawing on the wisdom of Twelve Step healing Christianity and Eastern religions With the publication of Codependent No More in 1986 Melody became a major voice in self help literature and endeared herself to millions of readers striving for healthier relationships She lives in Malibu California

Summary of Codependent No More SellWave Audio,2025-09-18 Codependent No More is a transformative modern classic that has helped millions of readers heal and regain control of their lives Written by Melody Beattie this book delves deep into the concept of codependency the tendency to lose oneself in the name of helping others and offers a compassionate and insightful guide to breaking free from this destructive pattern For those who have found themselves enmeshed in the problems of others often losing sight of their own lives in the process Codependent No More offers a powerful path to healing It teaches that while we cannot change others we can change ourselves The

journey of healing begins with learning to care for oneself setting healthy boundaries and reclaiming personal power Through personal reflections practical exercises and instructive stories from Beattie s own life as well as from those she has counseled Codependent No More shows readers how to break free from codependency The book offers a clear achievable roadmap to healing hope freedom and lasting happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long considered crucial in the context of codependency With these additions Codependent No More is more relevant today than ever before continuing to serve as an essential resource for anyone struggling to overcome the hold of codependent behaviors Summary: Codependent No More Summary Station,2016-06-01 Codependent No More How to Stop Controlling Others and Start Caring for Yourself SummaryBook Preview Melody Beattie s self help book Codependent No More explains the characteristics of codependency and how people can work to overcome it This book was published in 1986 and was written at a time when codependency was not fully recognized by the medical community and mental health organizations Codependency can be defined as emotional or psychological dependence on another person A codependent person who is in a relationship with an addict can develop many defensive behaviors as they try to control that person and whatever issues arise as a result of the relationship This person can be a spouse friend or family member Unfortunately this often can result in the codependent person becoming so hyper focused on the addicted person that they lose control of their own life Therefore although it may not seem to be the case it is not the chemically dependent partner who needs healing from the pain of addiction but the codependent person who needs healing The codependent partner is in just as much pain and needs just as much healing from their own addiction the addiction of trying to control the chemically dependent person This is a summary and analysis of the book and NOT the original book This Book Contains Summary Of The Entire Book Chapter By Chapter Breakdown Analysis Of The Reading Experience Download Your Copy Today

Summary of Codependent No More Alexander Cooper,2021-03-05 Summary of Codependent No More Thank you for purchasing the Codependent No More book summary If you like this summary please purchase and read the original book for full content experience The author of this book Mrs Melodie Beattie encountered numerous codependents during her recovery from alcohol and drug addiction All this happened in 1960s long before the term codependent was in use What does it mean to be codependent How does a codependent behave According to the author codependents have several very distinctive traits that clearly set them apart from the rest of the population Some of them are the constant need for control indirectness bitterness adversity and being manipulative They feel responsible for the entire world and thus they refuse to take responsibility for their own lives The author could begin to understand codependents after she started becoming one of them However only after the author got out could she truly begin to understand what being a codependent means The author began to understand how to help codependents This is what this book is If you are a codependent person or if you struggle with codependent behavior then this book will be just right for you Here you will learn how to take back your life in your

control and how to feel positive emotions again Here is a Preview of What You Will Get A Full Book Summary An Analysis Fun quizzes Quiz Answers Etc Get a copy of this summary and learn about the book [Codependent No More](#) Melody Beattie,2022 Revised and Updated with a New Chapter on Trauma and Anxiety a List of Resources and MoreOver 7 Million Copies SoldThe cultural phenomenon that has helped heal millions of readers this modern classic holds the key to understanding codependency and unlocking its hold on your life As heard on Glennon Doyle s We Can Do Hard Things podcast Melody Beattie s compassionate and insightful look into codependency the concept of losing oneself in the name of helping another has guided millions of readers toward the understanding that they are powerless to change anyone but themselves and that caring for the self is where healing begins Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to a loved one s self destructive behavior you may be codependent and you may find yourself in this book With personal reflections exercises and instructive stories drawn from Beattie s own life and the lives of those she s counseled [Codependent No More](#) helps you break old patterns and maintain healthy boundaries and offers a clear and achievable path to healing hope freedom and happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long felt necessary to address within the context of codependency making it even more relevant today than it was when it first entered the national conversation over 35 years ago [Codependent No More - Summarized for Busy People](#) Goldmine Reads,2022-09-20 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Is someone else s problem your problem You may be codependent and you may find yourself in this book [Codependent No More](#) if like so many others you ve lost sight of your own life in the drama of caring for someone else s This modern classic by one of America s most popular and inspiring authors is the key to understanding codependency and breaking free from its suffocating hold on your life [Codependent No More](#) is an easy to understand map of the complicated world of codependency It shows the way to freedom and a lifetime of healing hope and happiness with helpful life stories personal reflections exercises and self tests Wait no more take action and get this book now

Codependent No More Printable Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Codependent No More Printable**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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