

# About You

## Internal Exploration Questions-Codependency

1) Do you feel an external dependency on others for acceptance, love, validation, approval etc.?

Yes      No  
     

2) Do you hide the truth of who you are in order to feel love and safe?

Yes      No  
     

3) Is your self- esteem validated by someone else's opinion of you?

Yes      No  
     

4) Are you very tentative about triggering disapproval in others?

Yes      No  
     

5) Are you uncomfortable with and untrusting of your feelings and emotions?

Yes      No  
     

6) Do you feel like you have to anticipate the needs of others?

Yes      No  
     

7) Do you feel that it is your job to make people happy?

Yes      No  
     

8) Do you try to stay safe by being invisible, nice, or no trouble?

Yes      No

9) Were you abandoned, neglected, or mistreated by a parent or caregiver at a young age?

Yes      No  
     

10) Have you attracted others that make you feel this same way as you got older?

Yes      No  
     

11) Do you feel a lot of shame around this?

Yes      No  
     

12) Do you feel that the treatment that you received was your fault?

Yes      No  
     

13) Do you often feel lonely or alone?

Yes      No  
     

14) Do you struggle with self- love?

Yes      No  
     

15) Do you let others take advantage of you?

Yes      No  
     

16) Do you feel the need to “fix” others because you could not fix \_\_\_\_\_(parent or caregiver, when you were young)?

Yes      No  
     

17) Do you tolerate mistreatment from others?

Yes      No

18) Is it hard for you to trust people?

Yes

No

19) Do you find it hard to assert yourself and stand up for your own needs?

Yes

No

20) Do you seek permission from others? If so, in what way?

21) What are way(s) that has Codependency impacted or affected your life?

22) What have Codependent beliefs and patterns kept you from?

23) What would your life look like if you were free of Codependency (beliefs & Patterns)?

Feeling unworthy of love, care, kindness, etc. is very often at the root of Codependency. Through no fault of your own.

If you are interested in exploring and disentangling from Codependent beliefs and patterns Emotional Freedom Techniques is an extremely powerful tool to do just that.

If you would like to know more about Codependency, please see “Codependent Free” in “About” and more info in “Education” and “Resources”.

Also, see the “Codependent Free” Facebook page for understanding and support.

Warmly,

Tamara

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 <https://empathichearthealing.com>

 <https://www.facebook.com/groups/CodependentFree>

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