

Signs of Codependency

Codependency does not constitute a diagnosable mental health condition, largely because the symptoms of codependency are so broad and widely applicable. The primary symptoms associated with codependency may be people-pleasing behaviors and the need for the validation and approval that comes from caring for and rescuing others. The codependent person may also have poor boundaries, fear being alone or without an intimate partner, and deny his or her desires and emotions. Other characteristics of codependency may include:

- Perfectionism and a fear of failure
- Sensitivity to criticism
- Denial of personal problems
- Excessive focus on the needs of others
- Failure to meet personal needs
- Discomfort with receiving attention or help from others
- Feelings of guilt or responsibility for the suffering of others
- Reluctance to share true thoughts or feelings for fear of displeasing others
- Low self-esteem
- Internalized shame and helplessness
- Projection of competence and self-reliance
- A need to control others
- Self-worth based on caretaking
- Feeling undeserving of happiness
- Caring for and enabling someone who abuses drugs or alcohol