

Co-Dependent Patterns in Relationships - Extended Worksheet

This extended worksheet is designed to help you reflect on co-dependent patterns, how they may affect your relationships, and what steps you can take to begin shifting toward healthier ways of connecting. Use it as a tool for both self-reflection and ongoing daily practice.

Signs of Co-Dependency:

- Jumping quickly from one relationship to another.
- Needing constant time and attention to feel validated.
- Struggling to be alone without ruminating on the past.

Closure Conversations and Emotional Spirals:

Sometimes a closure conversation can send you into a spiral of trying to pave the way back into the relationship. This may also highlight struggles with sitting with your own emotions without relying on another person to ease discomfort. Use the space below to reflect on your own experiences with this pattern.

Reflection Questions:

1. What emotions come up for me when I am truly alone?

2. Am I seeking connection to avoid discomfort, or because I genuinely want to share my life with another person?

3. Why do I sometimes wait until after a conversation to acknowledge what I wanted to share?

4. What might it look like to give myself the same care and attention I often seek from others?

Growth Tip:

Breaking co-dependent patterns begins with learning to sit with yourself in a way that feels safe, building confidence in your own ability to manage emotions, and finding validation within rather than relying only on others. Each time you practice facing your feelings directly, you build the strength to move forward without repeating cycles that create guilt or distress.

Daily Practice Log

Use this daily log to track your experiences with being alone, your emotions, and the strategies you use to support yourself. The goal is to build awareness and confidence in managing your own feelings without needing someone else to carry them for you.

Date	Time Spent Alone	Emotions Noticed	Coping Strategies Used	Reflections

Journaling Prompts

- What was the hardest part of sitting with myself today?
- What helped me manage the discomfort?
- Did I notice myself wanting to reach out for validation? How did I respond?
- What is one small step I can take tomorrow to feel more grounded in myself?