

## **The Ten Traits of a Codependent**

(from the book Love is a Choice)

1. The codependent is driven by one or more compulsions.
2. The codependent is bound and often tormented by the way things were in the dysfunctional family of origin.
3. The codependent's self-esteem (and, frequently, maturity) is very low.
4. A codependent is certain his or her happiness hinges on others.
5. Conversely, a codependent feels inordinately responsible for others.
6. The codependent's relationship with a spouse or significant other person (SOP) is marred by a damaging, unstable lack of balance between dependence and independence.
7. The codependent is a master of denial and repression.
8. The codependent worries about things he or she can't change and may well try to change them.
9. A codependent's life is punctuated by extremes.
10. A codependent is constantly looking for the something that is missing or lacking in life.