25 CHARACTERISTICS OF UNRESOLVED DEPENDENCY ISSUES

1. We assume responsibility for other's feelings and/or behaviors.

2. We feel overly responsible for other's feelings and/or behaviors.

3. We have difficulty in identifying feelings... am I... mad... sad... glad... scared?

4. We have difficulty in expressing feelings... am I... mad... sad... glad... scared?

5. We tend to worry and/or fear how others may respond to our feelings.

6. We have difficulty in forming and/or maintaining close relationships.

7. We are afraid of being hurt and/or rejected by others.

8. We are perfectionistic and place too many expectations on ourselves and others.

9. We have difficulty making decisions.

10. We tend to minimize, alter, or even deny the truth about how we feel.

11. Other peoples actions and attitudes tend to determine how we respond and react.

12. Our fear of others feelings (mostly anger) determines what we say and do.

13. We question or ignore our own values to connect with significant others.

14. We value other's opinions more than our own.

15. Our self-esteem is bolstered by outer/other influences.

16. We have major difficulty acknowledging good things about ourselves. (thank you-nice to hear)

17. Our serenity and mental attention is determined by how others are feeling and behaving.

18. We tend to judge everything we do, think, or say -- harshly -- by someone else's standards.

19. Nothing is done, said, or thought that is "good enough."

20. We do not know or believe that being vulnerable and asking for help is both ok and normal.

21. We don't know that it is ok to talk about problems outside the family, that they are not "secrets."

22. We don't know that feelings just are- it is better to share them than to minimize-deny-justify them.

23. We tend to put other people's wants and needs before our own.

24. We are steadfastly loyal - even when the loyalty is unjustified - and often personally harmful.

25. We have to be "needed" in order to have a relationship with others. (control struggle)

Author unknown

Opinions and feelings are frequently a personal triumph over good thinking. You define reality by what you know, what you believe, and what you do about it.