

## 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*)



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING**  
*author unknown*  
**YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**