

12-Step Codependency Worksheet

Patient Information

Name: Sarah Smith

Date of Birth: June 15, 1985

Contact Information: sarah.smith@email.com | (555) 555-5555

Introduction

Today's Date: September 20, 2023

Therapist's Name: Dr. Nathaniel Anderson

Objective:

To address codependency issues in Sarah's life, promote healthier behaviors and relationships, and provide a structured framework for her recovery.

Step 1 - Admitting Powerlessness:

- Reflect on situations where you've felt powerless over codependency.
- Describe how codependency has negatively affected your life.

Sarah reflects on her recent experiences with her partner, Mark, where she felt powerless over her need to constantly please him.

She acknowledges that codependency has negatively impacted her self-esteem and emotional well-being.

Step 2 - Finding Hope:

- Identify areas in your life where you hope to break free from codependency.
- List reasons why you believe change is possible.

Sarah identifies hope in the possibility of change. She hopes to break free from her pattern of seeking validation from others.

She believes that change is possible through self-awareness and healthier coping mechanisms.

Step 3 - Surrender:

- Acknowledge the need for external support in your recovery.
- Describe how you plan to seek help (e.g., therapy, support groups).

Sarah recognizes that seeking external support is crucial for her recovery. She plans to attend therapy sessions regularly to address her codependency.

She will also reach out to a support group to build a network of individuals who understand her struggles.

Codependent No More Printable

Melody Beattie



Codependent No More Printable:

Codependent No More Melody Beattie, 2009-06-10 In a crisis it's easy to revert to old patterns Caring for your well being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships The healing touchstone of millions this modern classic by one of America's best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life Is someone else's problem your problem If like so many others you've lost sight of your own life in the drama of tending to someone else's you may be codependent and you may find yourself in this book **Codependent No More** The healing touchstone of millions this modern classic by one of America's best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life With instructive life stories personal reflections exercises and self tests **Codependent No More** is a simple straightforward readable map of the perplexing world of codependency charting the path to freedom and a lifetime of healing hope and happiness Melody Beattie is the author of *Beyond Codependency* *The Language of Letting Go* *Stop Being Mean to Yourself* *The Codependent No More Workbook* and *Playing It by Heart* *Codependent No More* Melody Beattie, 1986-09-01 In a crisis it's easy to revert to old patterns Caring for your well being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships The healing touchstone of millions this modern classic by one of America's best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life Is someone else's problem your problem If like so many others you've lost sight of your own life in the drama of tending to someone else's you may be codependent and you may find yourself in this book **Codependent No More** The healing touchstone of millions this modern classic by one of America's best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life With instructive life stories personal reflections exercises and self tests **Codependent No More** is a simple straightforward readable map of the perplexing world of codependency charting the path to freedom and a lifetime of healing hope and happiness Melody Beattie is the author of *Beyond Codependency* *The Language of Letting Go* *Stop Being Mean to Yourself* *The Codependent No More Workbook* and *Playing It by Heart* **The Language of Letting Go** Melody Beattie, 2003-01-31 Fear shame anger self doubt Helping people let go of self destructive thoughts emotions and behaviors has been the life work of acclaimed author Melody Beattie For more than a decade millions of readers have turned to Beattie's classic meditation book *The Language of Letting Go* as a wellspring for daily reflection affirmation and change Now the journal edition of this best seller features the entire original meditation text in a format that affords room for readers to record their thoughts fears and accomplishments Key features and benefits Beattie's work is known and trusted among self help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author Melody Beattie is the author of numerous books

about personal growth and relationships drawing on the wisdom of Twelve Step healing Christianity and Eastern religions With the publication of *Codependent No More* in 1986 Melody became a major voice in self help literature and endeared herself to millions of readers striving for healthier relationships She lives in Malibu California [Codependent No More Workbook](#) Melody Beattie,2011-03-09 This highly anticipated workbook will help readers put the principles from Melody Beattie s international best seller *Codependent No More* into action in their own lives The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations as well as for those who may not yet even understand the meaning and impact of their codependency In this accessible and engaging workbook Beattie uses her trademark down to earth style to offer readers a Twelve Step interactive program to stop obsessing about others by developing the insight strength and resilience to start taking care of themselves Through hands on guided journaling exercises and self tests readers will learn to integrate the time tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits developing a support system through healthy relationships with others and a higher power experiencing genuine love and forgiveness and letting go and detaching from others harmful behaviors Whether fixated on a loved one with depression an addiction an eating disorder or other self destructive behaviors or someone who makes unhealthy decisions this book offers the practical means to plot a comprehensive personalized path to hope healing and the freedom to be your own best self **Summary of Codependent No More** SellWave Audio,2025-09-18 *Codependent No More* is a transformative modern classic that has helped millions of readers heal and regain control of their lives Written by Melody Beattie this book delves deep into the concept of codependency the tendency to lose oneself in the name of helping others and offers a compassionate and insightful guide to breaking free from this destructive pattern For those who have found themselves enmeshed in the problems of others often losing sight of their own lives in the process *Codependent No More* offers a powerful path to healing It teaches that while we cannot change others we can change ourselves The journey of healing begins with learning to care for oneself setting healthy boundaries and reclaiming personal power Through personal reflections practical exercises and instructive stories from Beattie s own life as well as from those she has counseled *Codependent No More* shows readers how to break free from codependency The book offers a clear achievable roadmap to healing hope freedom and lasting happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long considered crucial in the context of codependency With these additions *Codependent No More* is more relevant today than ever before continuing to serve as an essential resource for anyone struggling to overcome the hold of codependent behaviors [Summary of Codependent No More](#) QuickChapters,2025-09-03 Why do we sacrifice our own well being to fix or control others In her groundbreaking classic Melody Beattie shines a light on codependency the destructive pattern of losing yourself while trying to rescue those you love *Codependent No More* has helped millions recognize these patterns and begin the journey toward self care healing and freedom This summary breaks down Beattie s compassionate

insights and practical strategies into a clear easy to digest guide You ll learn how to identify codependent behaviors set healthy boundaries and reclaim your sense of self without guilt or fear Alongside Beattie s timeless lessons this summary highlights the updated edition s focus on trauma and anxiety making her message more relevant than ever Whether you re struggling with a difficult relationship supporting someone with addiction or simply seeking to live more authentically this summary offers the key takeaways to help you stop controlling others and start caring for yourself Disclaimer This is an unofficial summary and analysis of Codependent No More by Melody Beattie It is designed solely to enhance understanding and aid in the comprehension of the original work The Language of Letting Go Melody Beattie,2025-06-03 REVISED AND UPDATED WITH A NEW PREFACE AND NEW MEDITATIONS This gentle and profound collection of 365 meditations reminds us that letting go is a daily practice that sets everything free from the author of Codependent No More This cherished work by Melody Beattie was written for those on a journey of recovery and healing a companion to her classic Codependent No More It was the daily journey that I wanted to write about Beattie notes in the preface to this new edition Of the many healing behaviors I ve learned to practice letting go in all its shapes and forms is the most influential profound and life altering Drawing on her own life experiences and struggles with codependency Beattie offers a thought to guide us through each day of the year and to encourage us to take small meaningful steps toward renewal courage and resilience Every day affords an opportunity for growth she reminds us and with this wise and compassionate book she lights the way

Summary: Codependent No More Summary Station,2016-06-01 Codependent No More How to Stop Controlling Others and Start Caring for Yourself SummaryBook Preview Melody Beattie s self help book Codependent No More explains the characteristics of codependency and how people can work to overcome it This book was published in 1986 and was written at a time when codependency was not fully recognized by the medical community and mental health organizations Codependency can be defined as emotional or psychological dependence on another person A codependent person who is in a relationship with an addict can develop many defensive behaviors as they try to control that person and whatever issues arise as a result of the relationship This person can be a spouse friend or family member Unfortunately this often can result in the codependent person becoming so hyper focused on the addicted person that they lose control of their own life Therefore although it may not seem to be the case it is not the chemically dependent partner who needs healing from the pain of addiction but the codependent person who needs healing The codependent partner is in just as much pain and needs just as much healing from their own addiction the addiction of trying to control the chemically dependent person This is a summary and analysis of the book and NOT the original book This Book Contains Summary Of The Entire Book Chapter By Chapter Breakdown Analysis Of The Reading Experience Download Your Copy Today Beyond Codependency Melody Beattie,2025-12-30 Melody Beattie author of the 1 New York Times bestseller Codependent No More turns her attention to what comes after codependency mastering the art of self care You re learning to let go to live your life free of the grip of

someone else's problems And yet you realize that the long journey of recovery has only just begun With her signature insight and humanity Melody Beattie brings to light the aftermath of codependency in all its complexity A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you recognize that you have a life to live It is about what comes next In simple straightforward terms Beattie takes you beyond codependency into the realm of recovery and relapse family of origin work and relationships surrender and spirituality With personal stories hard won wisdom and meditative exercises this timeless book imparts lessons in overcoming shame building self esteem healing from deprivation and breaking free of damaging patterns in order to flourish in healthy lasting relationships

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Codependent No More Workbook Natasha Morgan, 2025-05-04 Break Free Heal Deeply Reclaim Your Life Are you tired of losing yourself in relationships constantly trying to fix others while your own needs go unmet The Codependent No More Workbook is your guided companion to stop the cycle of codependency rebuild self worth and set healthy boundaries once and for all Inside this empowering workbook you'll discover Practical exercises to identify codependent patterns and stop people pleasing behaviors Insightful reflections to help you understand your emotional triggers and core wounds Boundary building tools that teach you how to say no without guilt and yes to yourself

Real life scenarios and prompts to help you practice self care and emotional detachment Progress tracking check ins so you can celebrate each step toward independence and healing Whether you re just beginning your journey or continuing the work this workbook provides the structure encouragement and clarity to support your transformation

Summary, Analysis, and Review of Melody Beattie's Codependent No More Start Publishing Notes,2017-11-07 PLEASE NOTE This is a key takeaways and analysis of the book and NOT the original book Start Publishing Notes Summary Analysis and Review of Melody Beattie s Codependent No More How to Stop Controlling Others and Start Caring for Yourself includes a summary of the book a review analysis key takeaways and a detailed About the Author section PREVIEW Melody Beattie s Codependent No More is a self help book for families and loved ones of people with alcohol and chemical dependency People who have loved ones with addictions are called codependents Codependents are focused on taking care of and helping an addict to such an extent that they lose touch with their own goals lives and emotional needs Codependents are not usually addicts themselves They often feel that they do not need help since they are not the ones who are sick and are not the ones who are behaving badly However codependency leads to great unhappiness anger and guilt and can make it very difficult for codependents to function or to have healthy relationships even if a loved one becomes sober Having a loved one who is an addict leads to long lasting trauma Codependents need help to address this trauma

Codependent No More Melody Beattie,2022 Revised and Updated with a New Chapter on Trauma and Anxiety a List of Resources and More Over 7 Million Copies Sold The cultural phenomenon that has helped heal millions of readers this modern classic holds the key to understanding codependency and unlocking its hold on your life As heard on Glennon Doyle s We Can Do Hard Things podcast Melody Beattie s compassionate and insightful look into codependency the concept of losing oneself in the name of helping another has guided millions of readers toward the understanding that they are powerless to change anyone but themselves and that caring for the self is where healing begins Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to a loved one s self destructive behavior you may be codependent and you may find yourself in this book With personal reflections exercises and instructive stories drawn from Beattie s own life and the lives of those she s counseled Codependent No More helps you break old patterns and maintain healthy boundaries and offers a clear and achievable path to healing hope freedom and happiness This revised edition includes an all new chapter on trauma and anxiety subjects Beattie has long felt necessary to address within the context of codependency making it even more relevant today than it was when it first entered the national conversation over 35 years ago

Summary of Codependent No More Alexander Cooper,2021-03-05 Summary of Codependent No More Thank you for purchasing the Codependent No More book summary If you like this summary please purchase and read the original book for full content experience The author of this book Mrs Melodie Beattie encountered numerous codependents during her recovery from alcohol and drug addiction All this happened in 1960s long before the term codependent was in use What does

it mean to be codependent How does a codependent behave According to the author codependents have several very distinctive traits that clearly set them apart from the rest of the population Some of them are the constant need for control indirectness bitterness adversity and being manipulative They feel responsible for the entire world and thus they refuse to take responsibility for their own lives The author could begin to understand codependents after she started becoming one of them However only after the author got out could she truly begin to understand what being a codependent means The author began to understand how to help codependents This is what this book is If you are a codependent person or if you struggle with codependent behavior then this book will be just right for you Here you will learn how to take back your life in your control and how to feel positive emotions again Here is a Preview of What You Will Get A Full Book Summary An Analysis Fun quizzes Quiz Answers Etc Get a copy of this summary and learn about the book **Mademoiselle** ,1992

Codependent No More - Summarized for Busy People Goldmine Reads,2022-09-20 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Is someone else s problem your problem You may be codependent and you may find yourself in this book Codependent No More if like so many others you ve lost sight of your own life in the drama of caring for someone else s This modern classic by one of America s most popular and inspiring authors is the key to understanding codependency and breaking free from its suffocating hold on your life Codependent No More is an easy to understand map of the complicated world of codependency It shows the way to freedom and a lifetime of healing hope and happiness with helpful life stories personal reflections exercises and self tests Wait no more take action and get this book now **CodependentNoMoreGiftEdition** Beattie Melody,2014-10-30

Summary, Analysis & Review of Melody Beattie's Codependent No More by Eureka Eureka,2015-08-30 Summary Analysis Review of Melody Beattie s Codependent No More by Eureka Codependent No More by Melody Beattie is a self help book that explains codependency and how to overcome it Originally published in 1986 it was written before codependency was fully acknowledged in the mental health profession This companion to Summary Analysis Review of Melody Beattie s Codependent No More by Eureka includes Overview of the bookImportant PeopleKey TakeawaysAnalysis of Key Takeawaysand much more The Codependent No More Club Member: Lined Daily Sobriety Writing Notebook and Relapse Prevention Journal Hope Bringer,2019-03 People in recovery from compulsive behaviors such as drinking smoking shopping gambling self injury using drugs etc need to be aware of the potential for relapse and the wide range of challenges that can and often do lead to it Most people who struggle with compulsive behaviors want to stop using but they are continually overcome by their cravings This is a personal directed relapse prevention workbook This is a blank lined writing notebook and journal that can be utilized to help prevent relapse from all forms of addiction to alcohol and other drugs including nicotine sex work spending adrenaline food and relationships etc This writing diary can be used as a workbook for personal

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Codependents' Guide to the Twelve Steps Melody Beattie, 1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Codependent No More Printable**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal art frequently diminish into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, set within the lyrical pages of **Codependent No More Printable**, a captivating perform of fictional splendor that impulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that magical opus courses viewers on a psychological odyssey, softly revealing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book's main subjects, dissect its interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers' souls.

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