

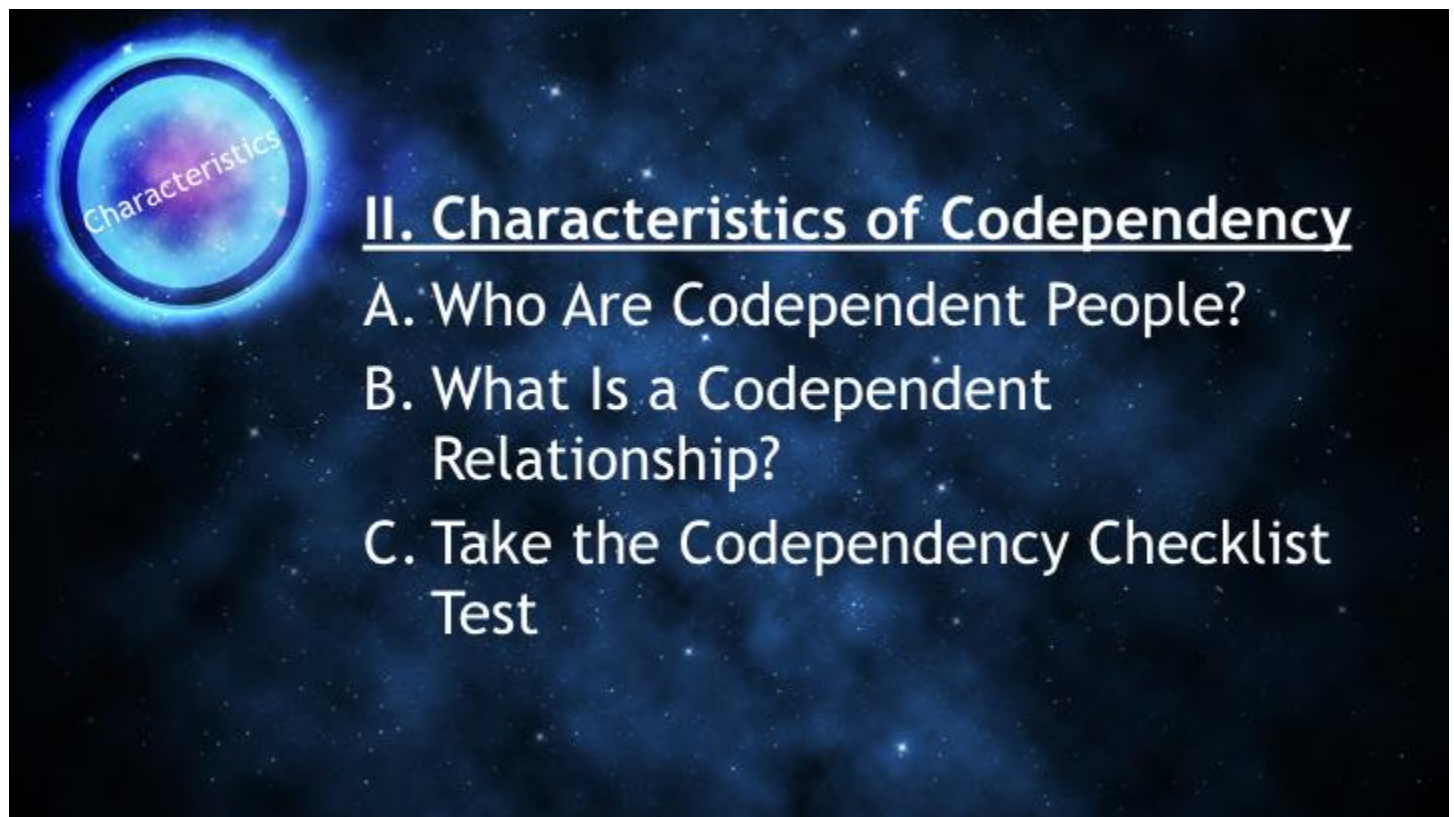
# Codependency - Characteristics

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Walking Christian on Codependency / Relationships; Feel; Emotion; A Friend / 1 Thessalonians 4:1; Proverbs 16:2; Proverbs 27:17; 1 Samuel 23:16; Matthew 5:37; Proverbs 13:20; Hebrews 12:1

Codependent people may appear capable and self-sufficient, yet in reality they are insecure, self-doubting, and in need of approval.

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## II. Characteristics of Codependency

### A. Who Are Codependent People?

**1 Thessalonians 4:1** *ESV*

<sup>1</sup> Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to walk and to please God, just as you are doing, that you do so more and more.

### The Codependent Person Profile

(Think about the person with whom you are closely involved and consider if any of these statements are reflections of you.)

# Codependency - Characteristics

1.  I feel \_\_\_\_\_ for the feelings, needs, and actions of the other person.
2.  I try to \_\_\_\_\_ the problems of this person, even to the detriment of my own well-being.
3.  I can \_\_\_\_\_ the thoughts of this person but cannot \_\_\_\_\_ my own.
4.  I know the \_\_\_\_\_ and \_\_\_\_\_ of this person but do not know my own.
5.  I do things for others that they are \_\_\_\_\_ of doing for themselves.
6.  I feel \_\_\_\_\_ when my help is not wanted.
7.  I tend to be \_\_\_\_\_ and \_\_\_\_\_ in the eyes of others.
8.  I judge myself more \_\_\_\_\_ than I judge others.
9.  I \_\_\_\_\_ my own feelings and needs—so I've been told.
10.  I feel \_\_\_\_\_ when I stand up for myself.
11.  I feel good about \_\_\_\_\_ but have difficulty \_\_\_\_\_.
12.  I try to be \_\_\_\_\_ in order to avoid anger or criticism.
13.  I look for my worth in the \_\_\_\_\_ of others.
14.  I find that I am \_\_\_\_\_ to needy people and that needy people are \_\_\_\_\_ to me.

## B. What Is a Codependent Relationship?

### Proverbs 16:2 ESV

<sup>2</sup> All the ways of a man are pure in his own eyes, but the LORD weighs the spirit.

## The Codependent Relationship Profile

1. • Both feel a \_\_\_\_\_ of personal identity.
2. • Both violate their \_\_\_\_\_.
3. • Both have difficulty \_\_\_\_\_ relationships.
4. • Both struggle with \_\_\_\_\_.
5. • Both control and \_\_\_\_\_.
6. • Both have difficulty setting \_\_\_\_\_.

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7. • Both become \_\_\_\_\_.
8. • Both fear \_\_\_\_\_.
9. • Both experience extreme \_\_\_\_\_
10. • Both are in \_\_\_\_\_.
11. • Both have a \_\_\_\_\_ sense of security.
12. • Both usually have one other \_\_\_\_\_ besides the relationship.
13. • Both feel \_\_\_\_\_ in the relationship.

**Question: “Is a friendship codependent when two friends depend on one another?”**

## **Proverbs 27:17 ESV**

<sup>17</sup> Iron sharpens iron, and one man sharpens another.

— *An Unhealthy, Codependent Friendship*

— *A Healthy, Interdependent Friendship*

**Biblical Illustration:** During a difficult time in David’s life, his dearest friend, Jonathan, didn’t try to draw David to himself. Instead, the Bible says, “Jonathan ... helped him [David] find strength in God” (1 Samuel 23:16).

**Question: “As an employee, how can I keep codependency out of my workplace?”**

## **Matthew 5:37 ESV**

<sup>37</sup> Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.

**Question: “Should I date a woman who is secure, confident, and competent or someone who is insecure, from a difficult background, and really needs me?”**

## **Proverbs 13:20 ESV**

<sup>20</sup> Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

## **C. Take the Codependency Checklist Test**

Are you unsure about someone who is significant in your life? Is it possible that you are in a relationship that others would call “codependent”? If so, how would you know? Read through the Codependency Checklist and make a check mark (✓) by what is applicable to you.

1.  Do you struggle with feeling loved; therefore, you look for ways to be needed?
2.  Do you want to throw *all of your energy* into helping someone else?
3.  Do you say *yes* when you really want to say *no*?

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4.  Do you feel compelled to take charge of another person's crisis?
5.  Do you feel drawn to others who seem to need to be rescued from their problems?
6.  Do you have difficulty setting and keeping boundaries?
7.  Do you find it difficult to identify and express your true feelings?
8.  Do you rely on the other person to make most of the decisions in your relationship?
9.  Do you feel lonely, sad, and empty when you are alone?
10.  Do you feel threatened when the other person spends time with someone else?
11.  Do you think the other person's opinion is more important than your opinion?
12.  Do you refrain from speaking in order to keep peace?
13.  Do you fear conflict because the other person could abandon you?
14.  Do you become defensive about your relationship with the other person?
15.  Do you feel "stuck" in the relationship with the other person?
16.  Do you feel that you have lost your personal identity in order to "fit into" the other person's world?
17.  Do you feel controlled and manipulated by the other person?
18.  Do you feel used and taken advantage of by the other person?
19.  Do you plan your life around the other person?
20.  Do you prioritize your relationship with the other person over your relationship with the Lord?

If you responded with a **yes** to four or more of these questions, you may be involved in a codependent relationship!

## **Hebrews 12:1 ESV**

<sup>1</sup> Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,