Codependency Checklist

* **Low self-esteem**
* **People pleasing**
* **Poor boundaries**
* **Reactivity**
* **Caretaking (verses Caregiving)**
* **Controlling**
* **Perfectionism**
* **Dysfunctional communication**
* **Difficulty expressing needs**
* **Obsessiveness**
* **Painful emotions (can’t process and let go)**
* **Addiction tendencies**