

## ADDICTIVE RELATIONSHIPS WORKSHEET

1. Describe the person with whom you would like to be in a relationship. How would you describe your ideal partner? What are your expectations of him/her?
2. Describe the last three (3) relationships in which you were involved. How long did each one last? What were they like in the beginning? What were they like in the end? What changes occurred during the relationships? What ended the relationships?
3. Reread the answers to the last two (2) questions. Does what you want match with what you had? Did you believe you had found your ideal match at the time? What differences do you see now between your ideal partner and the people with whom you were involved?
4. What are your "rules" for a relationship? What is a person with whom you are involved allowed to do or not do?
5. What kinds of things have you felt comfortable talking to your significant other(s) about? What parts of your life have you left out? Why? What do you believe would happen if you were to be totally honest with your significant other(s)?
6. What efforts have you make to try to manipulate your significant other(s)? How did you try to arrange things to turn out in your favor?
7. When you were involved in your relationships, what activities were you involved in outside (i.e. without your partner) of the relationship? Who did you spend time with other than your partner? Did your partner spend time with others and doing things outside the relationship?

## CODEPENDENCY WORKSHEET

1. Describe three (3) times when you have tried to exert power or influence where you really had none (i.e. tried to manipulate someone else or arrange a situation to your liking).
  
2. Describe the situations, feelings, or realities that you try to run from, deny or avoid.
  
3. What do you believe will happen if you stop trying to control other people and/or situations? (to you, them or the situation)
  
4. What is the current condition of these areas of your life?
  - A family relationships
  - B friends/significant other relationships
  - C emotional state
  - D financial situation
  - E spirituality
  - F physical health
  - G career

Who do you hold responsible for the condition of these areas of your life?

5. Describe what you do to take care of yourself? What do you do for fun, pleasure, or entertainment?
  
6. What do you believe needs to happen for you to be happy? What would be going on in your life if you were happy?