

CODA-INFORMED PRACTICE

Codependency Recovery

A reflective worksheet by Dr. DeAna Gray

Codependency is a pattern of prioritizing others' needs over your own — often as a way of managing internal distress through external control. This worksheet draws on CoDA (Co-Dependents Anonymous) principles to help you recognize your patterns, reconnect with your own needs, and take purposeful steps toward emotional sobriety and healthy boundaries.

PART 1 — RECOGNIZING THE PATTERN

Where in your life do you most often put others' needs before your own?

Think about relationships, work, family. Be honest — this is for you.

What does it feel like when you say "no" or put your own needs first?

Notice any guilt, anxiety, or physical sensation that arises.

When you focus on someone else's problems, what are you avoiding in your own life?

This is the core of codependency — external focus as internal escape.

PART 2 — PATTERNS I RECOGNIZE IN MYSELF

Check any patterns that feel familiar. This is not a diagnosis — it's a starting point for awareness.

I feel responsible for other people's feelings and try to fix them

I have difficulty identifying or expressing what I need

- I feel anxious or guilty when I spend time on myself
- I tend to lose myself in relationships – my moods depend on others
- I have difficulty setting or maintaining boundaries
- I often give more than I receive and feel resentful about it
- I find my sense of worth tied to being needed by others
- I struggle to make decisions without reassurance from others
- I avoid conflict at the expense of my own needs and values
- I feel empty or purposeless when not focused on someone else

My needs (name 3)

Not what others need from you – what do YOU need?

My values (name 3)

What matters most to you, independent of anyone else?

PART 3 – BUILDING HEALTHY BOUNDARIES

Name one relationship where boundaries feel unclear or absent.

You don't need to use names. Describe the dynamic.

What would a healthy boundary in that relationship look like?

A boundary is not a wall – it's a clear statement of what you will and won't accept.

What gets in the way of you holding that boundary?

Fear of rejection, guilt, habit, conflict avoidance – name it.

PART 4 – WHERE I AM TODAY

Rate yourself honestly on each dimension. Circle or mark the number that feels true right now – not where you want to be.

1 = Not at all 5 = Consistently

I know what I need	1	2	3	4	5
I can express my needs	1	2	3	4	5
I maintain healthy boundaries	1	2	3	4	5
I feel emotionally grounded	1	2	3	4	5
I am recovering my sense of self	1	2	3	4	5

PART 5 — ONE STEP FORWARD

What is one small, concrete action you can take this week to honor your own needs?

Make it specific and achievable — not a lifestyle change, just one step.

Who or what will support you in this?

What will you tell yourself when the urge to prioritize others over yourself arises?

Write your own recovery affirmation.

"Emotional sobriety begins when we stop managing others and start tending to ourselves — with the same care we so freely give away." DR. DEANA GRAY