Symptoms Of Codependency

As a result of the rules that codependent persons learn to follow, many struggle with how to ask for help, how to say no, feelings of self-doubt, and the need to control intimate relationships. They may find it difficult to trust others and struggle to acknowledge their feelings. Many codependents feel driven by perfectionism, and experience volatile and unstable relationships. Self-denial and an overriding concern for the well-being of another person, however, are the key traits codependent persons bring to their relationships.

Other signs and symptoms of codependency may include tailoring one’s actions or conversation about caretaking to get attention and approval from others; high expectations from others, especially family members; feelings of extreme discomfort when not in a relationship; and frequently feeling depressed.

Codependency Takes The Stage

As adults, codependent people have a greater tendency to form relationships with people who are unreliable, emotionally distant, and dependent. Although codependent persons may promise never to enter into a relationship with a dependent or dysfunctional person, such behaviors are nevertheless familiar, and the codependent persons may feel more competent and in control, and less vulnerable in such relationships. Act two begins when the codependent persons reenact their childhood role in the adult relationship. Once again, they avoid meeting their needs and feel unfulfilled.

What EAP Can Do

Codependency is treatable, and you can find relief from the cycle of guilt and caretaking behaviors that may cause you to feel sick and exhausted. The key is learning new skills, taking a close look at your behavior in relationships, and investing the time in yourself necessary to make the changes you want. Begin by talking to the EAP. An EAP consultant can recommend reading that explains codependency and how you can break free of the limiting pattern, provide short-term counseling to learn new relationship patterns and improved self-care.

This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your health care provider or EAP for advice about a personal concern or medical condition.