

CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”

STEP 4 – Exercise 1

“...Made a searching and fearless moral inventory of ourselves...”

Old beliefs do you carry from your past.

What dysfunction(s) did you grow up in and around in your family origin?

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STEP 4 – Exercise 2

“...Made a searching and fearless moral inventory of ourselves...”

What old feelings do you still carry from your family of origin?

What do you most wish to let go of that you carry from your family of origin?

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STEP 4 – Exercise 3

“...Made a searching and fearless moral inventory of ourselves...”

Caretaking, controlling, repressing feelings, not dealing with feelings appropriately, manipulation, self-neglect, not taking responsibility for ourselves, worrying, constantly criticizing ourselves and our efforts, feeling that we can't do "it" well enough (whatever it is), not liking and loving ourselves, not allowing others to like and love us, not nurturing ourselves or allowing ourselves to receive the nurturing, we want and need, using denial as a coping tool, feeling victimized, allowing ourselves to be victimized, not setting boundaries, not trusting our feelings and instincts, not trusting God, not trusting life and recovery, feeling unsafe, lack of intimacy and fulfillment in relationships, earned and unearned guilt, having sex with people when we don't really want to, engaging in sexual behaviors we aren't comfortable with in order to please another, obsessing, being dependent on others, communicating poorly, dishonesty (emotionally or otherwise), not saying no when we mean no, not saying what we want and need, repressing our needs and wants, not feeling like we have a life of our own, low self-worth, believing we deserve little from people and life, perfectionism, unreasonable expectations of others, staying stuck or trapped in relationships, not owning our power with people, becoming rigid and inflexible, getting stuck in misery and negative thinking, not allow ourselves to have fun, unnecessarily depriving ourselves, expecting others to be responsible for us, martyrdom, unclear or unrealistic thinking, lack of spontaneity, fear of or inability to tackle and solve problems, negative beliefs about ourselves and our abilities, extreme shame, unresolved historical issues, unresolved abuse issues from our pasts, a sense of despair about our relationship history, confusing pain or longing with love, withdrawing from friendships, not tending to our daily and regular routine, being filled with fear and panic, a tendency to attract sick and needy people, a tendency to be attracted to dysfunctional relationships and situations, resentments, compulsive behaviors, addictive behaviors, suicidal thinking...

Your strongest Codependent behaviors and characteristics:

Other Codependent behaviors and characteristics:

People you most often fall into your Codependent behaviors and characteristics with:

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STEP 4 – Exercise 4

“...Made a searching and fearless moral inventory of ourselves...”

4. Set a reasonable goal for doing this step and write your goal down. You don't have to be exact, but think in terms of when you might be able to get it done.

When do you think you can be through this step?

Make a list of the things that stand in your way.

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STEP 4, Exercise 5

“...Made a searching and fearless moral inventory of ourselves...”

- Do you feel blocked in any area of you life? Do you think it might be helpful to do a Fourth Step on that area?

Where are you blocked?

Would doing a Fourth Step on it help?