

SANTI SAYS: Are you co-dependent?

By Santi Meunier

There has been a lot of feedback about last month's article on co-dependency, so I thought I would follow-up with some more information. Like the hands of a pendulum, the degree of co-dependence can vary. The variation is based on a number of factors such as; family history, experiences involving our intimate relationships, and personal challenges. Behaviors that stem from a troubling family history, for example, can lead to addiction, poor choices in relationships or re-victimization of past abuses. Low self-esteem coupled with dysfunctional tools for living creates a downward spiral that often ends in depression and deep feelings of hopelessness. Dealing with our co-dependency issues is central to our happiness and productiveness as individuals.

Here is a co-dependency self-evaluation. Please answer 1-always 2-often 3- sometimes 4-never.

__I assume responsibility for

others feelings and/or behaviors.

__I have difficulty identifying feelings such as anger, loneliness hurt and sadness.

__I tend to fear/worry about how others may respond to my feelings.

__I am afraid of being hurt or rejected by others.

__I have difficulty maintaining close relationships.

__I am a perfectionist and place harsh expectations on myself and others.

__I have difficulty making decisions.

__I tend to minimize, alter or deny the truth about how I feel.

__I let other people's actions and attitudes tend to determine how I respond or react.

__I tend to put other people's wants and needs first.

__I question or ignore my own values to be with my significant other.

__I value other people's opinions more than my own.

__My fear of someone's anger/disapproval determines what I say or do.

__I cannot acknowledge good

things about myself.

__My feelings about myself are determined by external influences.

__I do not trust my gut feelings and intuition.

__I am loyal, even to those who abuse and disrespect me.

__I will do anything to not be abandoned in a relationship.

__I am afraid if you really knew me you would not like me.

__I feel abandoned in relationships.

__I cannot be consistent or disciplined in healthy behaviors.

__I sabotage my success.

__I do not trust kindness and caring.

__I am abnormally afraid of life.

__I drain my strength for others, trying to please and be loved.

__I never feel good enough.

__I overachieve in an attempt to feel "good enough".

__I often have a sense of impending doom.

__I have an addictive and/or obsessive/compulsive personality.

__I have no boundaries, and hate confrontation.



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How did you score? How

many 1s? How many 2s?
1-3 Mild 4-10 Moderate 11 + Severe

Adding up the 1 & 2 scores is the beginning of understanding the nature of our wounding. It is not to be used to feel badly about ourselves or to foster more guilt and self-loathing. We are not bad because we have co-dependency, we are hurt. It is what we do with the things that have happened to us that is important. No one among us gets a free ride in this life. As Scott Peck tells us in summation in his book, *THE ROAD LESS TRAVELLED*; "Life is difficult". Ironically, it is those very difficulties, when approached with functional tools and behaviors, that can make us strong and empowered. Nothing is carved in stone. We human beings have a remarkable capacity to heal, to change and to grow.

"The journey of awakening is a remembering of who we really are where fear is cured by love