

Co-Dependent Control Techniques

Place a check mark next to the characteristics you find in yourself or your significant other. If you notice you have more than five of these qualities checked off, you may want to consider seeking professional assistance in aiding these areas.

	<u>Myself</u>	<u>Other</u>
Blaming	<input type="checkbox"/>	<input type="checkbox"/>
Guilt trips	<input type="checkbox"/>	<input type="checkbox"/>
Self Pity	<input type="checkbox"/>	<input type="checkbox"/>
Victim	<input type="checkbox"/>	<input type="checkbox"/>
Martyr	<input type="checkbox"/>	<input type="checkbox"/>
Criticizing	<input type="checkbox"/>	<input type="checkbox"/>
Pouting	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>
Nagging	<input type="checkbox"/>	<input type="checkbox"/>
Planning Everything	<input type="checkbox"/>	<input type="checkbox"/>
Triangulating	<input type="checkbox"/>	<input type="checkbox"/>
Raging / Yelling	<input type="checkbox"/>	<input type="checkbox"/>
Intimidating	<input type="checkbox"/>	<input type="checkbox"/>
Threatening	<input type="checkbox"/>	<input type="checkbox"/>
Scowling Looks	<input type="checkbox"/>	<input type="checkbox"/>
Withdrawing	<input type="checkbox"/>	<input type="checkbox"/>
Isolating	<input type="checkbox"/>	<input type="checkbox"/>
Silent Treatment	<input type="checkbox"/>	<input type="checkbox"/>
“Cold Shoulder”	<input type="checkbox"/>	<input type="checkbox"/>
Making / Breaking Promises	<input type="checkbox"/>	<input type="checkbox"/>
Bribing (\$)	<input type="checkbox"/>	<input type="checkbox"/>

Using Sex	<input type="checkbox"/>	<input type="checkbox"/>
Withholding Sex	<input type="checkbox"/>	<input type="checkbox"/>
Caretaking	<input type="checkbox"/>	<input type="checkbox"/>
Rescuing	<input type="checkbox"/>	<input type="checkbox"/>
Enabling	<input type="checkbox"/>	<input type="checkbox"/>
Sacrificing	<input type="checkbox"/>	<input type="checkbox"/>
Spiritualizing	<input type="checkbox"/>	<input type="checkbox"/>
Minimizing	<input type="checkbox"/>	<input type="checkbox"/>
Rationalizing	<input type="checkbox"/>	<input type="checkbox"/>
“Covering-Up” for someone else	<input type="checkbox"/>	<input type="checkbox"/>
Threatening Abandonment	<input type="checkbox"/>	<input type="checkbox"/>
Perfectionism	<input type="checkbox"/>	<input type="checkbox"/>
Organizing	<input type="checkbox"/>	<input type="checkbox"/>
Worrying	<input type="checkbox"/>	<input type="checkbox"/>
Talking too much	<input type="checkbox"/>	<input type="checkbox"/>
Being Over Friendly	<input type="checkbox"/>	<input type="checkbox"/>
Being Over Affectionate	<input type="checkbox"/>	<input type="checkbox"/>
Over-Protecting	<input type="checkbox"/>	<input type="checkbox"/>
Passive- Aggressive	<input type="checkbox"/>	<input type="checkbox"/>
Demanding	<input type="checkbox"/>	<input type="checkbox"/>
Pointing Fingers	<input type="checkbox"/>	<input type="checkbox"/>
Sarcasm	<input type="checkbox"/>	<input type="checkbox"/>
Put-Downs	<input type="checkbox"/>	<input type="checkbox"/>