

Compliance Patterns

- _____ I (not we) declared I was in complete control of my addiction/compulsion, that my life was fine and dandy - thank you very much.
- _____ I feel guilty about others' feelings and behaviors.
- _____ I have difficulty identifying what I am feeling.
- _____ I am afraid of my anger, yet sometimes erupt in a rage.
- _____ I worry how others may respond to my feelings, opinions and behavior.
- _____ I have difficulty making decisions.
- _____ I am afraid of being hurt and/or rejected by others.
- _____ I minimize, alter or deny how I truly feel.
- _____ I am very sensitive to how others are feeling and feel the same.
- _____ I am afraid to express differing opinions or feelings.
- _____ I value others' opinions and feelings more than my own.
- _____ I put other people's needs and desires before mine.
- _____ I am embarrassed to receive recognition and praise, or gifts.
- _____ I judge everything I think, say or do harshly as never "good enough."
- _____ I am a perfectionist.
- _____ I am extremely loyal, remaining in harmful situations too long.
- _____ I do not ask others to meet my needs or desires.
- _____ I do not perceive myself as a lovable and worthwhile person.
- _____ I compromise my own values and integrity to avoid rejection or others' anger.