

Codependency Workbook

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Codependency Workbook - Codependent No More Workbook [Melody Beattie] ... My sister and I wanted a workbook to work on codependency issues and this fit us perfectly. Use these codependency worksheets to identify negative behavior patterns within yourself. ... It has over 3 hours of video lessons, along with a workbook we created. What is codependency and how can it affect people, how to recognize signs of codependency, and resources for learning more about and overcoming it. Codependency Worksheets - showing all 8 printables. Worksheets are Fact on co dependency from mental health america, Ccooddeeppeennddeenncyy, Substance abuse co...