



Codependency & Control

Expanded Reflective Workbook

Welcome to Your Reflective Healing Workbook

This expanded workbook is designed to help you explore the deeper layers of codependency, soft control, emotional management, and the return to individuality. Use these pages slowly and intentionally. They are written to bring you back to yourself.

Journalling Prompts

1. Where do I “help” out of fear rather than genuine generosity?
2. Which situations trigger me into managing someone else’s emotions?
3. What parts of myself do I silence or hide to preserve harmony?
4. Where have I lost pieces of my individuality in relationships?
5. What would choosing individuality — in one small way — look like this week?

Reflective Exercises

Exercise 1: Identity Reconstruction

List 10 qualities, hobbies, preferences, or dreams that belong entirely to you. Circle the ones you want to reclaim.

Exercise 2: The Pause Practice

Choose one moment this week where you usually step in to fix or manage. Pause instead and observe. What did you feel in your body? What did you fear?

Exercise 3: Emotional Ownership

Repeat the sentence: "Their feelings are theirs. My feelings are mine." Then journal: What shifts in me when I stop absorbing others' emotions?

Exercise 4: Individuality Map

Create two lists: "Me When I'm Codependent" and "Me When I'm Myself." Compare them. The difference is your path forward.

Exercise 5: One Brave Boundary

Choose one small boundary that protects your individuality this week. Write how you will communicate it and how you will support yourself afterward.

Deepening Your Self-Leadership

Codependency is not a flaw — it is a survival strategy. But survival is not the same as living a full, connected, authentic life.

This section invites you to step deeper into self-leadership:

- **What values matter to me when no one else is influencing me?**
- **Where do I need to step back so others can step up?**
- **What small decisions can I make this week that honour my individuality?**
- **Where can I tolerate discomfort without controlling the outcome?**

These questions move you toward emotional adulthood — the opposite of codependent control.