



How to Spot a Codependent Friendship

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- You feel guilty if you tell her “no” or do something without her.
- You put your friend’s needs/wants in front of your own. (You’ll cancel your plans when she calls or wait by the phone because she might need you.)
- You give up other friendships, time with family, hobbies or interests to be with your friend.
- You feel responsible for helping him with his problems.
- You feel jealous if your friend spends time with other friends.
- You frequently worry about your friend.
- Your friend’s problems seem like they’re your problems.
- You feel anxious or stressed out if you don’t talk for a day or you don’t know what’s going on with your friend.
- Your friendship has an obsessive quality.
- You feel your friend’s pain deeply (and maybe even feel sorry for him).
- Your friend seems to be in crisis and needier than the average person.
- You become your friend’s primary or sole source of emotional support.
- Being her “go to” friend, makes you feel special and needed.
- Others comment about the amount of time you spend together, the influence your friend has on you, or how you’ve changed since becoming friends.
- The friendship feels exhausting.
- Your friend doesn’t seem to be there for you when you’re struggling.
- Your friend has unrealistic expectations of you.
- It’s hard to share your own feelings.
- You don’t want to burden your friend by telling him about your problems.
- You feel resentful.