



Dr. Tracy's Counseling Services

20 years of experience

Q: How do I know if I'm codependent?

A: If you are feeling unfulfilled consistently in relationships, and you don't assert yourself when you need to, this may indicate that you are codependent. Some of the symptoms include but are not limited to: controlling behavior, distrust, perfectionism, avoidance of feelings, intimacy problems, and caretaking behavior.

There are many definitions used to describe codependency today. The original concept of codependency was developed to describe the behaviors people learn from living with someone who has an addiction. However, over the years codependency has expanded into a definition which describes a dysfunctional pattern of living developed during childhood by family rules. One of the many definitions of codependency is maladaptive behaviors learned by family members in order to survive in a family which is experiencing emotional pain and stress.

As adults, codependent people have a greater tendency to get involved in "toxic relationships", like people who are unreliable, emotionally unavailable, or needy. The co-dependent person tries to provide and control everything in the relationship without addressing their own needs or desires, therefore, setting themselves up for continued disappointment in their relationships.

Not everyone is codependent. There are some natural and healthy behaviors mothers do with children that look like codependency. People need to be mutually interdependent on each other. There is a continuum of codependency that you may fall on, and it may not be dysfunctional. For people with codependency, individual counseling can teach assertiveness and communication skills. Counseling can help you become more aware of non-helpful behaviors, and help you to develop healthier coping skills.

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ General Coping Issues

State of Iowa approved DUI Assessor

Parenting a Special Needs Child

Women's Issues ~ Workplace Stress

Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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