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Summary. This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller Codependent No More into action in their own lives. The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency.

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(Feel free to check out the Codependency No More Podcast here.) After a while, we consulted with some of these experts to create a framework for codependency recovery which we called Build Better Boundaries: Learn To Be Kind Without Being Codependent. It has over 3 hours of video lessons, along with a workbook we created.

Codependency Worksheets - Take A Personal Inventory

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"A codependent person is one who lets another person's behavior affect him or her and who is obsessed with controlling that person's behavior." (Melody Beattie in Codependent No More) The person in the codependent's life could be a healthy or unhealthy person or group of people.

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