

# The Rinck Codependency Continuum

<b>Codependent Behaviors   ►►►►►►►►►►►►   Codependent Lifestyle</b>			
<b>Category I</b>	<b>Category II</b>	<b>Category III</b>	<b>Category IV</b>
<b>Few Codependent Behaviors</b>	<b>Some Codependent Behaviors</b>	<b>Frequent Codependent Behaviors</b>	<b>Compulsive Codependent Behaviors</b>
<p>These are people who are basically healthy but do act codependently on occasion. They are able to live a balanced lifestyle. They are able to give and receive appropriately. They are able to balance time for others and time for self-care.</p>	<p>These are often people who are new in a recovery program or who are mildly codependent. They are people who have learned to act codependently and who find themselves doing so often, despite negative consequences. Yet, they are aware of the problem and are able to move back into balanced lifestyles.</p>	<p>These people are likely to enter or relapse into a codependent lifestyle. They neglect their own well-being. These people habitually act codependently in one of two areas of their lives. They may or may not be aware of this trait. They tend to live an unbalanced lifestyle. They are prone to giving excessively (usually not on a choice basis) more than they receive. They may need help to shift to a more balanced lifestyle.</p>	<p>These people are addicted to acting out a consistently codependent lifestyle. They are often unaware of their own feelings and needs. For these individuals, codependent actions have become so habitual that they form a pervasive pattern of living. This pattern influences the person's entire style of living. They may or may not be aware of their compulsive behavior. They are unable to extricate themselves from their lifestyle without professional assistance.</p>