# Codependence

## Why independent testing is like being a parent of a drug addict.

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**ANZTB 2015, Auckland**

**22 May 2015**

# 12 Signs of Codependent Behaviour

http://psychcentral.com/blog/archives/2013/04/04/signs-of-codependence-codependent-behavior/

1. taking responsibility for someone else's actions
2. worrying or carrying the burden for others' problems
3. covering up to protect others from reaping the consequences of their poor choices
4. doing more than is required at your job or at home to earn approval
5. feeling obligated to do what others expect without consulting one's own needs
6. manipulating others' responses instead of accepting them at face value
7. being suspicious of receiving love, not feeling "worthy" of being loved
8. in a relationship based on need, not out of mutual respect
9. trying to solve someone else's problems, or trying to change someone
10. life being directed by external rather than internal cues ("should do" vs. "want to do")
11. enabling someone to take our time or resources without our consent
12. neglecting our own needs in the process of caring for someone who doesn't want to care for themselves

# Definition

**codependent**

[koh-di-**pen**-d*uh* nt]

Adjective

of or relating to a relationship in which one person is physically or psychologically addicted, as to alcohol or gambling, and the other person is psychologically dependent on the first in an unhealthy way.

# Wikipedia

**Codependent relationships** are a type of dysfunctional helping relationship where one person supports or enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement.[1]

Among the core characteristics of codependency, the most common theme is an excessive reliance on other people for approval and identity.[1]

[1] Johnson, R. Skip (13 July 2014). "Codependency and Codependent Relationships". BPDFamily.com. Retrieved 9 September 2014.



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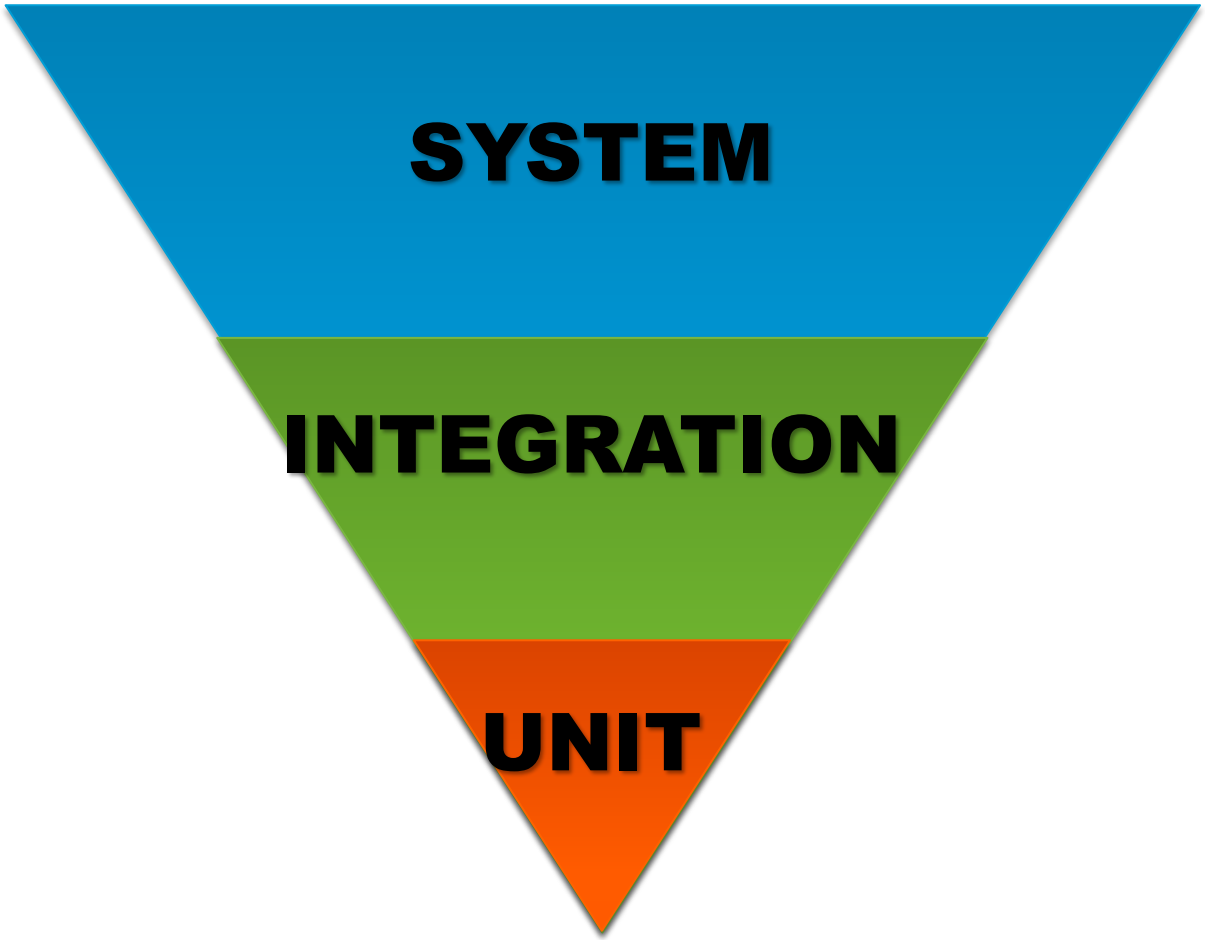
HELP
ME

HELP

# The Warning Signs

# The Upside Down Pyramid



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# Passing The Bug

# Recidivism

RECEIVING & RELEASE
ATTENTION
ATTENTION
DO NOT UNLOAD YOUR VEHICLE WITHOUT
AUTHORIZATION FROM R&R STAFF.
ATTENTION
DELIVER INMATE MONIES, C-FILES
MEDICAL FILES TO INTAKE PODIUM
RCCC

# Lacking Testing Mindset

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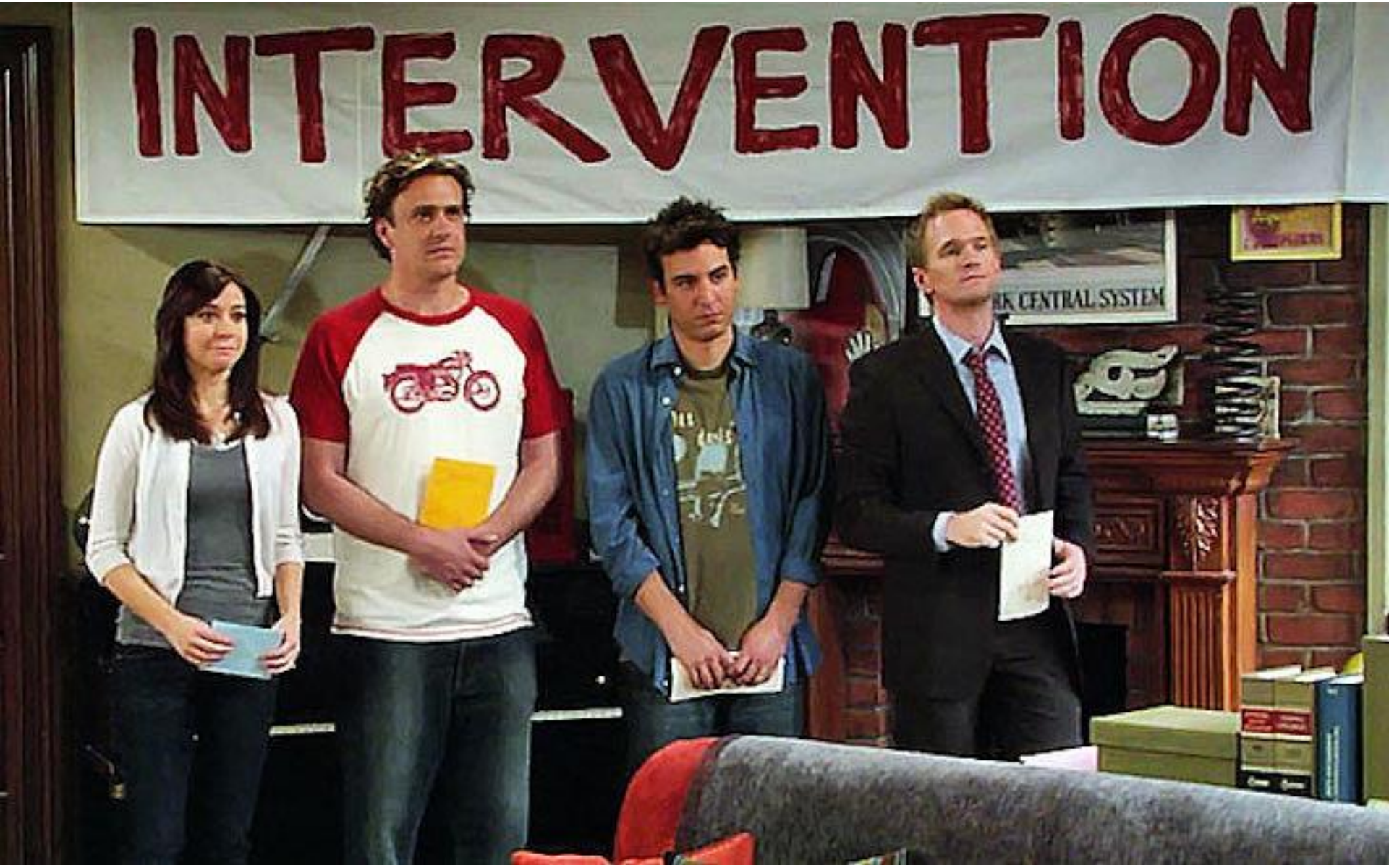
INTERVENTION

# Imagine No Independent Testing?

https://www.atlassian.com/agile/testing

# Thankyou