



## **Behavioral Addiction Self-Assessment**

(Behavioral addictions include codependency, gambling, shopping/spending, gadget addiction (e.g., Internet, cell phone, text messaging, television), bulimia (also a substance addiction), and anorexia (also a substance addiction).

*Note: Questions in italics are specifically targeted to identify a problem with Co-dependency.*

1. Do you have frequent thoughts about your addictive behavioral experiences, whether past, future, or fantasy?
- 2. Do you find yourself obsessed with the need for control, and do you feel safer when you can manipulate situations or other people?*
3. Do you find that you require larger, longer or more frequent experiences to feel the same "rush"?
4. Do you experience restlessness or irritability associated with attempts to cease or reduce your addictive behavior?

*5. Do you feel like your life would be okay if a significant person in your life would change?*

6. Do you engage in addictive behavior to improve mood or escape problems?

*7. Do you sometimes feel like you are going crazy because of someone else's behavior/addiction?*

*8. Are you ashamed of the things you do in response to another person's behavior? Do you sometimes regret the way you treat others when their problems interfere with your plans?*

9. Do you try to ignore the problems associated with your addictive behavior by engaging in it even more?

10. Do you lie to hide the extent of your addictive behavior?

11. Have you experienced a loss of control (i.e., you have unsuccessfully attempted to reduce your behavior)?

12. Have you broken the law in order to engage in your addictive behavior?

*13. Do you sometimes feel like a doormat and that people take you for granted?*

14. Have you risked losing a significant relationship, job, or other significant opportunity because of your addictive behavior?

15. Have you been forced to turn to family, friends, or another third party for help as a result of your addictive behavior?

*16. Are your emotions out of control because of someone else's behavior?*

Symptoms such as irresistible urges, increases in frequency of addictive behavior, preoccupation, remorse, and health or financial disaster may suggest the presence of a behavioral addiction.

If you answered yes to some of these questions, you may be addicted and could benefit from therapy.