



### **Self-Assessment for Codependency**

1. My relationships often involve people who need my help or are somehow dependent on me.
2. When I can't help someone, I feel guilty and responsible for their upset feelings.
3. In the last year, significant others have resorted to arguing, begging or raising their voice to get me to *stop* trying to help them.
4. I spend a lot of time thinking through or projecting outcomes, trying to figure out what I can do to get the outcome I want.
5. It's difficult for me to receive praise or thanks from others.
6. I do not like to let myself get angry. When I do, I often lose control and feel ashamed.
7. It's difficult for me to say "No" or to ask for things that I need at home, at work, or with friends.
8. I often over-commit my time and measure my self-esteem by how much someone depends on me

9. It is hard for me have fun or relax; if I'm not productive, I feel worthless.

10. It's difficult to believe that someone could truly love me.

11. I am afraid of being hurt or abandoned if I allow myself to be loved.

12. I find it easy to criticize and blame others, although I don't like to admit it.

13. I seem to justify or make excuses for others' actions when they have hurt me.

14. When I know a relationship is about to end, I will stay in it until I can begin another relationship.

15. It is easy to make me feel guilty because I take responsibility for others and blame myself for their upset.

16. I am not sure what normal is.

17. I often take a stand in a relationship and then go back on what I said if it causes tension.

18. I am not aware of what I want. I ask others what they want.

19. I tend to be sick a lot. I can't seem to fight off infection, but it doesn't stop me.

20. There never seems to be enough time to do things I enjoy doing.

If you answered "Yes" to more than 6 questions, then you may be codependent and could benefit from counseling.