

Self-Assessment for Codependency

Codependency appears in varying degrees in regard to the intensity of symptoms. It is not an all or nothing issue. The following test can help you assess if you're struggling with codependency. ***Please note that only a qualified professional can make a diagnosis of codependency and not everyone experiencing these symptoms suffers from codependency.*

For each question below answer "yes" if it's generally true of you and "no" if it's generally not true of you. (You may want to ask a close family member or friend to confirm your answers to be sure you're being realistic in your self-assessment.)

	Yes	No	
1.	Yes	No	Do you keep quiet to avoid arguments?
2.	Yes	No	Are you always worried about others' opinions of you?
3.	Yes	No	Have you ever lived with someone with an alcohol or drug problem?
4.	Yes	No	Have you ever lived with someone who hits or belittles you?
5.	Yes	No	Are the opinions of others more important than your own?
6.	Yes	No	Do you have difficulty adjusting to changes at work or home?
7.	Yes	No	Do you feel rejected when significant others spend time with friends?
8.	Yes	No	Do you doubt your ability to be who you want to be?
9.	Yes	No	Are you uncomfortable expressing your true feelings to others?
10.	Yes	No	Have you ever felt inadequate?
11.	Yes	No	Do you feel like a "bad person" when you make a mistake?
12.	Yes	No	Do you have difficulty taking compliments or gifts?

13.	Yes	No	Do you feel humiliation when your child or spouse makes a mistake?
14.	Yes	No	Do you think people in your life would go downhill without your constant efforts?
15.	Yes	No	Do you frequently wish someone could help you get things done?
16.	Yes	No	Do you have difficulty talking to people in authority, such as the police or your boss?
17.	Yes	No	Are you confused about who you are or where you are going with your life?
18.	Yes	No	Do you have trouble saying “no” when asked for help?
19.	Yes	No	Do you have trouble asking for help?
20.	Yes	No	Do you have so many things going at once that you can’t do justice to any of them?

If you identify with several of these symptoms or are dissatisfied with your relationships or yourself, then speaking with a professional might be helpful.

References: Bill Gaultiere © 2000, 2012