

Codependency Quiz

This is a list of many patterns of codependent behavior, but it is not necessarily a completely comprehensive list. Also, not all codependents possess every one of them. Read through the list and determine if you possess any of them. Resist the temptation to identify other people's codependent behavior. If you find yourself doing this, bring yourself back to the question, "when have I exhibited this behavior?" Remember, we often recognize behaviors we do not like in ourselves, by seeing it in other people first. "When you spot it, you got it!"

For much more detailed information about codependency, read Melodie Beatty's Codependent No More and Beyond Codependency: Hazeldon Publishing, July 1996. Beatty's more recent book, The New Codependency is another excellent resource.

- I get feelings of self worth if I feel liked by others, so I spend a lot of time doing things I think will make me "liked."
- I am a "people pleaser." I give people what I think they want, and tell people what I think they want to hear.
- I allow other people's opinions to count more than my own.
- I usually put others' needs above my own.
- It feels selfish to put my own needs first, or I feel guilt after doing so.
- I have a hard time engaging in self-care behaviors. I would rather focus my caring attentions on someone else.
- I usually deny, downplay, justify, or ignore my own feelings, and focus on others'.
- I avoid or resist feeling vulnerable.
- I have a difficult time saying "no."
- I feel most happy when I am giving in a relationship. I do not feel comfortable being on the receiving end.
- I feel very uncomfortable asking for help. I am much more comfortable being the one in the "helper" role.
- I avoid other people's anger or disappointment as much as possible.
- I avoid conflict whenever possible.
- I avoid most of my own feelings whenever possible by focusing on yours.

- I feel best about myself when I have helped solve other people's problems.
- I am a "control specialist." I feel most comfortable when I am in control of situations, people, and things. Some ways this may manifest: constantly telling others what to do, how to live, what to wear, what is wrong with their behavior, and/or how they can fix themselves or their problems. It might also look like obsessing about how a situation is going to play out before it happens, in order to try and plan for every contingency.
- When I am in a significant relationship, I set aside my own interests and allow my partner's interests to become mine.
- I choose relationships based on "need." I need to be needed, and I tend to get involved with needy people.
- I feel an emptiness, or loneliness when I am not in a romantic relationship.
- I have always believed that there is one special person out there who will fulfill every romantic, psychological and spiritual need of mine. I live my life in search of "the one."
- I allow my social circle to decrease or completely disappear when I become involved with a romantic partner.
- I am afraid of being rejected, and avoid it whenever possible. This could manifest as avoiding risk-taking, so as not to be hurt. I tend to emotionally withdraw when I feel rejected or feel afraid of the risk of rejection.
- I am uncomfortable when things are calm. I live my life, often in fear of things going wrong, which keeps me always on the lookout for a crisis or drama. While I want nothing more than life to be peaceful, this always seems elusive.
- I am like a chameleon, changing my values to match the values of the person I am with. My true values get put aside so that I can feel a connection with you, or I may not even be aware of what my values are.
- I am like an emotion-sponge. I absorb whatever emotions are going on around me.
- I am unable to self-regulate when there is chaos or confusion around me.
- I am a perfectionist, and nothing is ever good enough for me, especially myself.
- I feel responsible when other people are in pain or suffering.