Co-Dependency Assessment

**When you focus too much on others it is difficult to know your own thoughts, feelings, and actions. In co-dependency, values come from the opinions of others and safety comes from feeling needed. This assessment is meant to show you if co-dependency is taking too much of your time and energy. Be curious when taking this assessment. The beginning of recovery is getting to know yourself more clearly.**

**Read each statement below and rate how the statement fits for you**

1. Never
2. Sometimes
3. More times than not
4. Almost all the time
5. \_\_\_ My relationships often involve people who need my help or are somehow

dependent on me.

1. \_\_\_ When I cannot help someone, I feel guilty and responsible for their upset feelings.
2. \_\_\_ In the last year, significant others have resorted to arguing, begging, or raising their

voice to get me to stop trying to help them.

1. \_\_\_ 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.

1. \_\_\_ It’s difficult for me to receive praise or thanks from others.
2. \_\_\_ I do not like to let myself get angry. When I do, I often lose control and feel

ashamed.

1. \_\_\_ It’s difficult for me to say “NO” or to ask for things that I need at home, work or with

friends.

1. \_\_\_ I often over-commit my time and measure my self-esteem by how much someone

depends on me.

1. \_\_\_ It is hard for me to have fun or relax; if I’m not productive, I feel worthless.
2. \_\_\_ It is difficult to belief that someone could truly love me.
3. \_\_\_ I am afraid of being hurt or abandoned if I allow myself to be loved.
4. \_\_\_ I find it easy to criticize and blame others, although I don’t like to admit it.
5. \_\_\_ I seem to justify or make excuses for others’ actions when they have hurt me.
6. \_\_\_ When I know a relationship is about to end, I will stay in it until I can begin another

relationship.

1. \_\_\_ It is easy to make me feel guilty because I take responsibility for others and blame

myself for them being upset.

1. \_\_\_ I am not sure what normal is.
2. \_\_\_ I often take a stand in a relationship and then go back on what I said if it causes

tension.

1. \_\_\_ I am not aware of what I want so I ask others what they want.
2. \_\_\_ I tend to be sick a lot. I can’t seem to fight off infection, but it doesn’t stop me.
3. \_\_\_ There never seems to be enough time to do things I enjoy.

When you have finished the assessment add your score. If you scored 40 or more points this assessment likely reveals some co-dependency struggles. Please go back through the assessment and highlight the top 5 questions/statements that stand out to you the most.