



# Codependence

## ASSESSMENT

Rate the following with:    **1 - Rarely**    **2 - Sometimes**    **3 - Often**

- |                                                                                                           |                                                                                                  |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <input type="radio"/> I often feel inadequate.                                                            | <input type="radio"/> I feel like a bad person or total failure when I make a mistake.           |
| <input type="radio"/> I avoid arguments whenever I can.                                                   | <input type="radio"/> It is hard for me to express my true feelings to others.                   |
| <input type="radio"/> I feel rejected when my spouse/partner spends time with friends.                    | <input type="radio"/> I am not sure I can be who I want to be in life.                           |
| <input type="radio"/> I have been in relationships that were abusive physically, emotionally or verbally. | <input type="radio"/> When my spouse/partner or child makes a mistake, I feel humiliated.        |
| <input type="radio"/> I often worry about the opinion of others.                                          | <input type="radio"/> I often feel confused about who I am and where my life is headed.          |
| <input type="radio"/> Without me, my family and friends would have a more difficult time of it.           | <input type="radio"/> I often wish someone would help me get things done.                        |
| <input type="radio"/> It is hard for me to accept a compliment or gifts.                                  | <input type="radio"/> It is hard for me to talk to people in authority.                          |
| <input type="radio"/> I have trouble adjusting to change at home or work.                                 | <input type="radio"/> I have trouble asking for help.                                            |
| <input type="radio"/> Someone I am/was close to has/had a problem with alcohol or drugs.                  | <input type="radio"/> I often take on so many things that I have trouble doing any of them well. |
| <input type="radio"/> I value the opinion of others more than my own.                                     | <input type="radio"/> I have trouble saying 'no'.                                                |

*(Adapted from Codependency, Mental Health America)*

Codependence exists on a continuum. Only a professional counselor can diagnose Codependence. If you responded with mostly 2s and 3s, let's talk soon.