

Awareness Activity: How Co-dependent Are You?
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Use this self-quiz can help you determine the degree to which co-dependency is present in your life. Please answer these questions honestly. Usually the first answer that comes to you is the most honest and most accurate.

Directions: Place a number in the blank before each statement to indicate the degree to which the statement is true.

- 1 = Never 2 = Occasionally 3 = Frequently 4 = Almost always
- _____ I tend to assume responsibility for others' feelings and/or behavior.
 - _____ I have difficulty identifying my feelings, whether happy, angry, scared, sad, or excited.
 - _____ I have difficulty expressing my feelings.
 - _____ I am afraid of, or worry about, how others may respond to my feelings or behavior.
 - _____ I minimize problems and deny or alter the truth about the feelings or behavior of others.
 - _____ I have difficulty forming or maintaining close relationships.
 - _____ I am afraid of rejection.
 - _____ I am a perfectionist and judge myself harshly.
 - _____ I have difficulty making decisions.
 - _____ I tend to be reactive to others, rather than act on my own.
 - _____ I tend to put other people's wants and needs first.
 - _____ I tend to value the opinion of others more than my own.
 - _____ My feelings of worth come from outside myself, through the opinions of other people or from activities that validate my worth.
 - _____ I find it difficult to be vulnerable and ask for help.
 - _____ I try to always be in control, or, to the contrary, I avoid being in a position of responsibility.
 - _____ I am extremely loyal to others, even when that loyalty is unjustified.
 - _____ I tend to adopt "all or none" thinking.
 - _____ I have a high tolerance for inconsistency and mixed messages.
 - _____ I have emotional crises and chaos in my life.
 - _____ I seek out relationships in which I feel needed and attempt to keep them that way.
 - _____ **Total**

Scoring: Add the column of numbers to find your score. Use the following guidelines interpret your level of co-dependency.

- 60-80 A very high degree of co-dependent behavior patterns
- 40-59 A high degree of co-dependent behavior patterns
- 30-39 Some degree of co-dependent behavior patterns
- 20-29 A few co-dependent behavior patterns