

### Self Quiz: How Counter-dependent Are You?

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

1 = Never      2 = Occasionally      3 = Frequently      4 = Almost always

- \_\_\_\_\_ I feel a kind of free-floating anxiety when I have nothing to do.
- \_\_\_\_\_ I look to other people, substances, or activities to make me feel good.
- \_\_\_\_\_ I have a difficult time knowing what I want or need.
- \_\_\_\_\_ I fear that I will be smothered if I get too close to my spouse or a friend.
- \_\_\_\_\_ I have difficulty knowing how I really feel inside.
- \_\_\_\_\_ I exaggerate my accomplishments a bit when I meet someone new.
- \_\_\_\_\_ I get anxious when my partner wants to be intimate with me.
- \_\_\_\_\_ I'm afraid people will find out that I'm not who they think I am.
- \_\_\_\_\_ I demand perfection of myself and others.
- \_\_\_\_\_ I work long hours and never seem to get finished with my work.
- \_\_\_\_\_ I don't like to ask other people for help, even if I need it.
- \_\_\_\_\_ I prefer to work alone rather than with others.
- \_\_\_\_\_ I feel controlled by what others expect of me.
- \_\_\_\_\_ I feel it is really important to have the "right answers."
- \_\_\_\_\_ I get afraid of being consumed by the needs of others.
- \_\_\_\_\_ I function best in structured situations where I am in charge.
- \_\_\_\_\_ I feel important when someone asks me for my opinion.
- \_\_\_\_\_ I find it difficult to form and maintain intimate relationships.
- \_\_\_\_\_ I have trouble deciding if I want sex or nurturing touch.
- \_\_\_\_\_ I have trouble relaxing, and I have chronic tension in my body.
- \_\_\_\_\_ I enjoy being the center of attention at social gatherings.
- \_\_\_\_\_ I don't like to admit to a mistake.
- \_\_\_\_\_ I reject offers of help from others, even if I need it.
- \_\_\_\_\_ I have thoughts about sex each day that interfere with my work.
- \_\_\_\_\_ I see myself and others as either all good or all bad.
- \_\_\_\_\_ I compare myself to others, feeling either better or worse than them.
- \_\_\_\_\_ I am told that I am not aware of the needs or concerns of others.
- \_\_\_\_\_ I like being my own person and fear being controlled by others.
- \_\_\_\_\_ I feel hurt when an accomplishment of mine is not recognized.
- \_\_\_\_\_ I deny my problems or discount the importance of my problems.
- \_\_\_\_\_ Total

Scoring: Add up the column of numbers to find your score. Use the following guidelines to interpret it.

- 102–120      Very high number of counter-dependent behavior patterns.
- 79–101      High number of counter-dependent behavior patterns.
- 56–78      Some counter-dependent behavior patterns.
- 30–55      Few counter-dependent behavior patterns.