

## Are you Codependent?

Check the statements from the following list that fit your life.

1. \_\_\_ I can't stand to be alone.
2. \_\_\_ I am a perfectionist.
3. \_\_\_ I am driven by the approval of others.
4. \_\_\_ I feel desperate when I cannot gain the approval of other people.
5. \_\_\_ I find myself making decisions based on how they will affect other people and rarely consider myself.
6. \_\_\_ Many times I feel obsessed by a need for total order in my life.
7. \_\_\_ I put work first, above anything else.
8. \_\_\_ I find myself adjusting to my spouse's needs rather than communicating my feelings.
9. \_\_\_ I do not experience anger.
10. \_\_\_ I overeat often.
11. \_\_\_ I am constantly wondering what other people think of me.
12. \_\_\_ I cover up my feelings so others won't realize what I really think.
13. \_\_\_ I am afraid that if others really knew me they would run and hide.
14. \_\_\_ I am constantly trying to figure out how to stay ahead in my relationships.
15. \_\_\_ I cover up my feelings of self-doubt with drug or alcohol use.
16. \_\_\_ I can't say no when I am asked to do a favor or serve on a committee.
17. \_\_\_ When I begin to feel sad or angry I go shopping, work harder, or eat.
18. \_\_\_ I tell myself it shouldn't hurt so much when others let me down.
19. \_\_\_ I need to control those close to me.
20. \_\_\_ I need everyone to be happy with me so that I can feel good about myself.
21. \_\_\_ I need others to be strong for me without requiring anything from me in return.

*Score: There is no score for this self-test. In fact, all the statements listed are possible indications of codependency. The more statements that apply to you, the more likely you are to find yourself in unhappy, unfulfilling relationships due to low self-confidence and self-worth. The good news is that counseling can help you find your own value, thus improving your likelihood of having satisfying relationships.*