CODEPENDENCY ASSESSMENT

- Take the following Codependency Assessment to see if you have codependent tendencies. Check the statements that describes you or what you have felt.

You must have something to worry or feel guilty about.
You are attracted to needy people.
You feel stressed and pressured.
You came from a dysfunctional family.
You are easily agitated or angered.
You have had relationships with abusive people.
You seem to attract the wrong type of people.
You take things too personally.
You have low self-esteem.
You believe you don't deserve good things or happiness.
You feel controlled by others.
You lack energy, can't make it through the day.
You have sleeping problems.
You can't stop worrying about other people's problems.
You tolerate abuse to keep people loving you.
You lie and make excuses to protect yourself and others.
You say you will quit the relationship, but you don't.
You feel scared, hurt and trapped.
You focus too much on others.
You have lost touch with yourself.
You sacrifice your needs and wants for others.
You feel you're doing right, but you aren't.
You have neglected yourself.
You can not detach; you care too much.
You go against things you know are right.
You have become emotionally and/or physically ill.
You have given up your own life to please others.
You want to change but feel helpless to do so.

- How many did you mark? ____ What category do you fit into? ________________________________

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<thead>
<tr>
<th>Mild</th>
<th>Strong</th>
<th>Serious</th>
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