

What is Codependency?

Codependency is a pattern of behavior where someone puts another person's needs and wants before their own. This often leads to unhealthy and unbalanced relationships. Codependent people may have a hard time setting boundaries or taking care of themselves, and may feel responsible for the other person's happiness.

How to know if you're codependent:

For each statement below, circle "T" for true or "F" for false based on how much you agree with it. Be honest with yourself and try to answer as accurately as possible.

- | | | | |
|---|---|---|--------------------------|
| T | F | 1. I often feel responsible for other people's feelings and well-being, even if it means neglecting my own needs. | _____ |
| T | F | 2. I frequently put the needs of others ahead of my own. | _____ |
| T | F | 3. I have difficulty saying "no" to requests or demands from others. | _____ |
| T | F | 4. I feel guilty or anxious when I disappoint or upset someone. | _____ |
| T | F | 5. I often find myself attracted to people who are emotionally unavailable or in need of help. | _____ |
| T | F | 6. I have a tendency to control or manipulate situations and people in order to feel more secure. | _____ |
| T | F | 7. I have a hard time expressing my own feelings and needs to others. | _____ |
| T | F | 8. I often ignore my own feelings and needs in order to please others. | _____ |
| T | F | 9. I feel like my own self-worth is based on how much I am needed by others. | _____ |
| T | F | 10. I have a hard time setting boundaries with others. | _____ |
| | | | Total Score _____ |

Scoring

For each "T", give yourself one point to the right of the statement on the line provided. At the end, add up your points and see how many "T" statements you marked.

Interpretation:

- 0-3 points: You may not be codependent.
- 4-6 points: You have some codependent tendencies, but they may not be significantly impacting your life.
- 7-10 points: You are likely struggling with codependency and may benefit from seeking support or therapy to address it.