

Am I A Codependent?

Perhaps you're not sure whether you are a co-dependent or not. Taking a codependency quiz can help you understand if you are. Answer the 20 questions below as honestly as you can. If your answer is yes, check the button. If your answer is no, leave the button blank.

- I can't stand being alone.
- I am a perfectionist.
- My good feelings about who I am come from being liked by you.
- I find it hard to hold personal boundaries with other people.
- Your struggles affect my serenity. My mental attention focuses on solving your problems or relieving your pain.
- My mental attention is focused on pleasing you.
- My mental attention is focused on manipulating you "to do it my way."
- My mental attention is focused on protecting.
- I am not aware of how I feel: I am aware of how you feel. I am not aware of what I want: I ask you what you want. If I am not aware, I assume.
- I am constantly wondering what other people think of me.
- I cover up my feelings so others won't realize what I really think.
- My fear of rejection determines what I say or do.
- My fear of your anger determines what I say or do.
- It is hard for me to say no when someone asks for help.
- I put my values aside in order to connect with you.
- I value your opinion and way of doing things more than mine.
- My self-esteem is bolstered by relieving your pain.
- I use giving as a way of feeling safe in our relationship.
- My social circle diminishes as I involve myself with you.
- Your behavior is dictated by my desires as I feel you are a reflection of me.

Answering yes to five or more of these questions is an indicator that codependency has become a problem in your life.

