

CO-DEPENDENCY EVALUATION

VERSION 2, 9/01

How co-dependent are you?

CLIENT INSTRUCTIONS: Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

LESS MORE

TRUE TRUE STATEMENT

- 1 2 3 4 5 My actions are guided by how I think the other person will react or respond.
- 1 2 3 4 5 I tend to help others out even if it means that I suffer or lose out.
- 1 2 3 4 5 I lie or withhold the truth to protect myself.
- 1 2 3 4 5 I find myself covering for another person's behavior.
- 1 2 3 4 5 I have marked or counted alcohol bottles, made notes/recorded other people's conversations, searched for hidden drugs or secrets, or in other ways monitored someone else's behavior.
- 1 2 3 4 5 I spend a great deal of time talking about -- and being too concerned with -- other people's behavior, problems or future.
- 1 2 3 4 5 Things must be "just so" for me to feel comfortable.
- 1 2 3 4 5 I try to protect others from making mistakes, whether they ask for my help or not.
- 1 2 3 4 5 My mental attention is on pleasing you.
- 1 2 3 4 5 My social circle has diminished significantly since becoming involved with a spouse or child.
- 1 2 3 4 5 I put aside my values in order to stay with or be connected with another.
- 1 2 3 4 5 The quality of my life is in direct relation to the quality of yours.
- 1 2 3 4 5 I am a control-a-holic type person.
- 1 2 3 4 5 I am not so aware of how I feel. But I am aware of how **you** feel.
- 1 2 3 4 5 I am slow to be aware of or feel the pain when people hurt me.
- 1 2 3 4 5 The less nice a person is to me, the more I try to win them over.
- 1 2 3 4 5 I tend to be a compulsive caretaker.
- 1 2 3 4 5 I have a hard time telling the truth, because it may hurt someone.
- 1 2 3 4 5 I have a very difficult time doing things just for me.
- 1 2 3 4 5 I will go to great lengths to get approval.

_____ **TOTAL SCORE (add up all numbers)**

SCORING KEY

- 20 - 35 You're fine.
- 36 - 50 You're fine, but it is time to deepen your own life.
- 51 - 75 You're fine, but may not be living YOUR life.
- 76 - 100 You've got some work to do - get yourself to a CoDependents Anonymous meeting!