

Codependency Quiz
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Answer the following questions True or False

1. When I was growing up, my family talked openly about problems.
2. I spend a lot of time criticizing myself after an interaction with someone.
3. My family taught me to express feelings and affection openly when I was growing up
4. It is usually best not to tell someone that they bother you; it only causes fights and gets everyone upset.
5. I am satisfied with the way that I take care of my own needs.
6. Sometimes I don't know how I really feel.
7. When someone hurts my feelings or does something I don't like, I can easily express my feelings to them about it.
8. I often pretend to be happy when I am sad or angry.
9. I feel calm and peaceful most of the time.
10. I sometimes feel confused about who I am and where I want to go in my life.
11. I am very good at knowing when to speak up and when to along with the wishes of others.
12. I hold back my feelings much of the time because I am concerned that I will hurt other people or they will think less of me.
13. I have no problem telling people when I am angry or upset with them.
14. I do too much for other people and then later wonder why I did it.
15. I like spending time alone.
16. I often feel like no one really knows me.
17. It is easy for me to ask for what I want.
18. I apologize to others too much for what I do or say.
19. I can easily turn down requests from others if I am busy.
20. I sometimes feel embarrassed by behaviors of those close to me.

SCORING:

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|--|-------------|-------|
| -Add up the even numbers with "True" answers | Total Even: | _____ |
| -Add up the odd number with "False" answers | Total Odd: | _____ |
| -Total your score: | Total: | _____ |

- 1-5 = **Mild** Codependency Tendencies
6-10 = **Mild to Moderate** Codependency Tendencies
11-15 = **Moderate to Severe** Codependency Tendencies
16-20 = **Severe** Codependency Tendencies