

Codependency Quiz

Check True or False for each item.

1. Have you ever lost time from work because of helping someone else?
2. Are relationship worries making your life unhappy?
3. Have you ever been in a relationship that negatively affects your reputation?
4. Have you ever felt remorse for how you've helped someone you were in a relationship with?
5. Have you ever gotten into financial trouble because of a relationship you were in?
6. Have you ever been in a relationship that exposes you to unhealthy or dangerous people or situations?
7. Have you ever noticed that your ambition decreases once you are in a relationship?
8. During a relationship, do you crave a phone call or contact at specific times daily?
9. When you are in a relationship, does your efficiency decrease?
10. Have you ever been in a relationship that jeopardizes your work or personal life?
11. Do you use the person you are with as an escape from worries?
12. When you are alone, is it hard not to think of that person?

More than half marked as True indicates a tendency towards codependency. It is worth looking at developing healthy boundaries and increasing your independence.