

# Codependency Inventory

*Instructions: Give yourself one point for each yes answer.*

1. **When you get anxious, do you attempt to control the behavior or feelings of others?**
2. **Do you feel responsible for making sure the needs of others are met?**
3. **Do you put your own needs aside in an attempt to meet the needs of others?**
4. **Do you allow others to determine how you (one point each):**
  - Dress
  - look physically
  - think
  - feel
  - behave
5. **Do you try to control how others (one point each):**
  - Dress
  - look physically
  - think
  - feel
  - behave
6. **Do you have difficulty setting healthy boundaries in any of the following areas (one point each):**
  - touching or being touched
  - giving or receiving sexual advances
  - stating clearly your thoughts, beliefs, opinions
  - blaming and/or being blamed for your feelings ("you make me feel...")
  - blaming and/or being blamed for your actions ("you made me do...")
  - blaming and/or being blamed for the actions of others

("it's your fault that...")

**7. Do you get into relationships with people who (one point each):**

physically abuse you or your children  
emotionally abuse you or your children  
verbally abuse you or your children  
are chemically dependent (substance abusers)  
are emotionally unresponsive  
are physically unresponsive  
are sexually unresponsive  
are rage-a-holics so that you must walk on eggshells  
are perfectionists that you can never please  
are jealous and/or controlling of you or your time  
are emotionally immature  
are workaholics  
are sexually addicted, overly demanding, emotionally or sexually unfaithful

**8. Do you find yourself (one point each):**

unable to remember much of your childhood  
dissociating or daydreaming when strong emotions are being expressed  
dissociating during sex  
minimizing your addictive behaviors  
minimizing your unhealthy relationships  
minimizing or denying your family of origin issues  
denying your own or your spouse's addictive behaviors  
denying the unhealthy nature of your relationships  
denying the dysfunction in your family of origin  
denying that you have made the same mistakes as your parents

**9. Do you have difficulty with healthy emotional expression, such as (one point each):**

tending to fly off the handle and dump anger on others  
tending to repress anger and/or cover it with a smile  
feeling embarrassed or ashamed about crying in front of others  
minimizing your feelings and talking yourself out of them  
experiencing depression

experiencing panic attacks  
experiencing generalized anxiety  
feeling out of control emotionally  
feeling uncomfortable when others express strong emotions

**10. Are you addicted to (one point each):**

alcohol  
street drugs  
prescription drugs  
food  
sugar  
caffeine  
tobacco  
spending  
sex  
romance  
relationships  
gambling  
chaos or drama

**11. Has there been any of the following abuse in your family of origin or your previous relationships (one point each):**

overt sexual abuse with physical contact  
overt sexual abuse without physical contact (voyeurism, exhibitionism)  
verbal sexual abuse  
being "spousified" by either parent  
physical abuse  
emotional abuse  
social abuse (shaming you about your friends, keeping you isolated)  
physical neglect or abandonment  
emotional neglect or abandonment  
spiritual or religious abuse  
overprotection

**12. Are you a caretaker, such as (one point each):**

doing more than your fair share of the work  
saying "yes" when you want to say "no"

feeling compelled to help others solve their problems  
offering unsolicited advice, giving rapid fire solutions to others

doing for others what they are quite able to do for themselves, and resenting it

feeling attracted to needy people

over-committing yourself and feeling pressured and overwhelmed

feeling powerless to change these patterns

feeling suicidal

**13. Does your fear of abandonment have any of the following consequences (one point each):**

hold onto unhealthy relationships rather than risk being alone

seek approval so the other person won't leave

lie rather than confront the truth

become jealous when your spouse has outside interests

engage in sexual acts that are uncomfortable for you

compulsively diet, purge, or risk an eating disorder to look good

get upset when your spouse, lover, children are late

abandon or leave people before they can leave you

have difficulty being without a relationship

**14. Do you or your family have a large investment in looking good, such as (one point each):**

doing or not doing things because of what others might think

achieving or performing more for approval than for personal satisfaction

never expressing any strong emotions

believing that what others think is more important than your own wants, needs, or feelings

following the unspoken or spoken rule of "we don't air our dirty laundry in public"

**15. Were/are the following rules (spoken or not) enforced in your family (one point each):**

don't speak (children should be seen and not heard)

don't communicate directly (tell mom and she'll tell dad)

don't express your anger or frustration (shame on

you...you're being disrespectful)

don't have needs (you're selfish)

don't ask for what you want

don't be yourself

don't confront our behavior, don't make waves

don't trust your intuition, don't trust anyone

*Scoring is simple: The higher the score, the greater the likelihood of codependency. Any "yes" answer is a wake-up call. Yes, codependency is widespread.*

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