

Codependency Questionnaire

Questionnaire

Codependency refers to a psychological construct involving an unhealthy relationship that people might share with those closest to them.

The condition is believed to be learned, and relates to emotional and behavioral tendencies where one feels excessive dependence on certain others, as well as responsibility for their feelings and actions.

Some signs of codependency include:

- A proclivity to feel extreme responsibility for others' actions and feelings
- A compulsive feeling to care for other people
- Difficulty maintaining healthy boundaries
- Difficulty making decisions
- Feeling the need to control others, and
- Trouble with communicating honestly.

Codependency seems to exist on a spectrum from mild to severe, rather than being entirely present or absent.

Instructions

This Codependency Questionnaire covers 20 common symptoms of codependency.

While the Questionnaire lists thoughts and behaviors related to codependency, it is not intended as a substitute for clinical diagnosis.

Consider your feelings about yourself and for others, circling "True" or "False" for each statement. There are no correct or incorrect responses, but do try to respond as honestly as possible, taking into account how you feel most of the time.

#	Codependency Questionnaire	True	False	Score
1	<i>I give more weight to my own feelings than those of others.</i>			
2	<i>At times, I'm unsure about how I feel.</i>			
3	<i>I feel very satisfied with my romantic relationships.</i>			
4	<i>I frequently seem fine externally, when I'm upset or unhappy inside.</i>			
5	<i>I feel content with how many, and the type of personal relationships I have in my life.</i>			
6	<i>Even if I could afford the time and cost of a vacation, I'd feel less than comfortable doing so alone.</i>			
7	<i>I am able to deal with challenges in a calm and direct way.</i>			
8	<i>I wish I could achieve more than I currently do.</i>			
9	<i>When a relationship becomes confusing or overwhelming for me, I have no trouble removing myself from it.</i>			
10	<i>I frequently say "yes" when others ask for help, even if it's inconvenient for me.</i>			
11	<i>Most days, I feel content and calm about my health.</i>			
12	<i>My closest relationship doesn't satisfy me.</i>			
13	<i>I don't struggle with letting people know when I'm angry at them.</i>			
14	<i>I find it tough to spend time on my own.</i>			
15	<i>I have no problems with stepping back - everything will be fine without my involvement and intervention.</i>			
16	<i>I have many regrets about what I've done with my life so far.</i>			
17	<i>Growing up, my family often discussed any challenges freely and openly.</i>			
18	<i>Sometimes, I wonder why I do so much for others.</i>			
19	<i>Every week, I set aside time for myself to do things I enjoy.</i>			
20	<i>I struggle to make difficult decisions.</i>			
	Total:			

Scoring

Assign 1 point for every “False” response to odd-numbered questions.

Assign 1 point for every “True” response to the even-numbered questions.

Calculate your total in the box provided.

A higher total score out of 20 will indicate a higher tendency to display symptoms of codependency according to this assessment.

Adapted from:

- Friel, J.C. (1985). Codependency assessment inventory: A preliminary research tool. *Focus on the Family and Chemical Dependency*, 8(1), 20-21.