



This FREE RESOURCE is provided by The Lighthouse.  
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program,  
please call us at 260-255-6413.

## Codependency Self Test

*Instructions: Using the following point scale, answer the questions as honestly as possible. When you have completed the Self Test, add each score together and place your total score in the space provided at the end of this worksheet.*

### Point Scale

- 1 = Never
- 2 = Occasionally
- 3 = Frequently
- 4 = Almost Always

- \_\_\_\_\_ I tend to assume responsibility for others' feelings and /or behavior.
- \_\_\_\_\_ I have difficulty expressing my feelings.
- \_\_\_\_\_ I have difficulty in identifying my feelings. (Happy, sad, anger, scared, excited)
- \_\_\_\_\_ I tend to fear or worry how others may respond to my feelings or behaviors.
- \_\_\_\_\_ I minimize problems and deny or alter truth about the feelings/behaviors of others.
- \_\_\_\_\_ I have difficulty in forming or maintaining close relationships.
- \_\_\_\_\_ I am afraid of rejection.
- \_\_\_\_\_ I am a perfectionist and judge myself harshly.
- \_\_\_\_\_ I have difficulty making decisions.
- \_\_\_\_\_ I tend to be reactive to others rather than to act on my own.

- \_\_\_\_\_ I tend to put other people's wants and needs first.
- \_\_\_\_\_ I tend to value the opinion of others more than my own.
- \_\_\_\_\_ I see my self worth by what others think of me.
- \_\_\_\_\_ I find it difficult to be vulnerable and to ask for help.
- \_\_\_\_\_ I try to never be in the position of responsibility, others are responsible for me.
- \_\_\_\_\_ I am extremely loyal to others, even when that loyalty is unjustified.
- \_\_\_\_\_ I tend to view situations with "all or nothing" thinking.
- \_\_\_\_\_ I have a high tolerance for inconsistency and mixed messages.
- \_\_\_\_\_ I have emotional crises and chaos in my life.
- \_\_\_\_\_ I find relationships in which I feel "needed" and attempt to keep it that way.
- \_\_\_\_\_ I often let others get their way sexually even though it doesn't feel right.

Total Score \_\_\_\_\_

*Scoring: Add the numbers to get a total score. Use the following ranges to help interpret your level of codependency.*

- |       |   |                           |
|-------|---|---------------------------|
| 60-84 | A very high degree of codependent patterns. | <b>Severe</b>             |
| 40-59 | A high degree of codependent patterns.      | <b>Severe to Moderate</b> |
| 31-39 | Some degree of codependent patterns.        | <b>Moderate to Mild</b>   |
| 21-30 | A few codependent patterns.                 | <b>Mild to None</b>       |