

## CODEPENDENCY TEST

Codependency is hard to define, but it involves actively seeking to control or manipulate others, give unsolicited advice, rescue needy people, or base our self-concept on the well-being or approval of others. It's a life-controlling issue because we allow the behavior of another person to affect our behavior, so that we become consumed with that person and their problems. This obsession with the issues and problems of others, becomes debilitating to us as we exhaust inordinate and inappropriate amounts of mental and emotional energy over them, leaving little, if any, energy for ourselves.

We make ourselves responsible for the happiness of others, and when they aren't happy, neither are we. We are extremely loyal but also extremely insecure. Self-doubt is our constant companion, and often self-hatred. Being unacceptable to ourselves, we hide our true selves, convinced that if anyone truly knew us, they would abandon us. This fear of abandonment often fuels our codependent behavior as we seek to do everything in our power to become so valuable that others would not want to leave us. By choice, our lives are not our own and our emotions are the property of whatever crisis the person(s) closest to us is having. As we grew into adulthood, we worked hard at trying to control our external environment, believing it was the key to our happiness and inner peace.

**Take this test** to see where you're at:

- Assume responsibility for others' feelings and behaviors?
- Feel guilty about others' feelings and behaviors?
- Have difficulty identifying what you are feeling?
- Have difficulty expressing feelings?
- Fear your own anger, yet sometimes erupt in rage?
- Worry about how others may respond to your feelings, opinions, and behavior?
- Have difficulty making decisions?
- Get afraid of being hurt and/or rejected by others?
- Minimize, alter or deny how you truly feel?
- Get very sensitive to how others are feeling and feel the same?
- Get afraid to express differing opinions or feeling?
- Value others opinions and feelings more than your own
- Put other people's needs and desires before your own?
- Get embarrassed when you receive recognition and praise, or gifts?
- Judge everything you think, say, or do harshly, as never "good enough?"
- Tend to be a perfectionist?
- Tend to be extremely loyal, remaining in harmful situations too long?
- Not ask others to meet your needs or desires?
- Not perceive yourself as lovable and worthwhile?
- Compromise your own values and integrity to avoid rejection or others' anger?

\_\_\_\_\_ = **Total checked boxes**

Thank you for taking the time to consider whether you may struggle with Codependency. If you checked 4 or more boxes, Celebrate Recovery may be the place for you.