

## **AM I CODEPENDENT?**

### **A Self-Assessment Checklist**

#### **Important Note**

This checklist is for self-reflection and educational purposes only. It is not a diagnostic tool. If you recognize significant codependent patterns, consider speaking with a therapist who specializes in codependency, attachment issues, or family systems.

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### **PART 1: Current Codependent Behaviors**

#### **Relationship Patterns**

Check the statements that apply to you **most of the time**:

- ☐ I stay in unhealthy or abusive relationships far longer than I should
- ☐ I feel responsible for other people's feelings, problems, and choices
- ☐ I find myself attracted to people who need "fixing" or "saving"
- ☐ I tolerate disrespect, mistreatment, or betrayal to avoid being alone
- ☐ I invest more energy in relationships than the other person does
- ☐ My relationships follow a pattern: I give, they take
- ☐ I feel more secure when taking care of someone than being taken care of
- ☐ I struggle to leave relationships even when I'm miserable
- ☐ My sense of self becomes lost in my relationships

#### **Boundaries & People-Pleasing**

- ☐ I have difficulty saying "no" without feeling guilty
- ☐ I agree to things I don't want to do to avoid conflict or disappointment

- ☐ I apologize excessively, even when I've done nothing wrong
- ☐ I suppress my own opinions to keep the peace
- ☐ I feel responsible for making everyone happy
- ☐ I struggle to know where I end and another person begins
- ☐ I let others violate my boundaries repeatedly
- ☐ I feel selfish when I prioritize my own needs
- ☐ I give until I'm completely depleted
- ☐ I can't stand to see anyone upset with me

### **Control & Over-Functioning**

- ☐ I try to control outcomes and other people's behavior
- ☐ I offer unsolicited advice or help that isn't wanted
- ☐ I do things for others that they should do for themselves
- ☐ I make excuses for other people's bad behavior
- ☐ I believe I know what's best for others
- ☐ I feel anxious when I can't fix someone's problem
- ☐ I take on responsibilities that aren't mine
- ☐ I manipulate situations to get the outcome I want
- ☐ I rescue people from consequences of their own actions
- ☐ I micromanage because I don't trust others to do things right

### **Self-Worth & Identity**

- ☐ My self-worth depends on what I do for others
- ☐ I feel empty or lost when I'm not needed
- ☐ I don't know who I am outside of my relationships or roles

- ☐ I need constant validation and reassurance from others
- ☐ I feel unworthy of love unless I earn it
- ☐ I have difficulty identifying my own feelings and needs
- ☐ I judge myself harshly but make excuses for others
- ☐ I feel like an imposter or fraud
- ☐ I don't believe I deserve to be happy
- ☐ My mood depends on other people's moods

### **Emotional Patterns**

- ☐ I absorb other people's emotions as if they were my own
- ☐ I feel anxious or guilty when I'm not helping someone
- ☐ I'm terrified of being abandoned or rejected
- ☐ I feel resentful after saying "yes" when I wanted to say "no"
- ☐ I suppress my anger until I explode or shut down
- ☐ I feel panic when someone is upset with me
- ☐ I use caretaking to avoid dealing with my own problems
- ☐ I feel exhausted from carrying everyone's emotional burdens
- ☐ I can't relax or enjoy myself if others are unhappy
- ☐ I experience depression or anxiety related to my relationships

### **Communication Patterns**

- ☐ I struggle to express my needs, wants, or feelings directly
- ☐ I hint, suggest, or manipulate rather than ask directly
- ☐ I withdraw or give the silent treatment when hurt
- ☐ I avoid conflict at all costs

- ☐ I minimize my own problems or feelings
  - ☐ I lie or exaggerate to maintain the peace
  - ☐ I read minds or expect others to read mine
  - ☐ I communicate through others rather than directly
  - ☐ I say "I'm fine" when I'm not
  - ☐ I feel like I can't speak my truth in relationships
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## **PART 2: Family of Origin & Childhood Experiences**

### **Dysfunctional Family Background**

Check the experiences that apply to your childhood:

- ☐ One or both parents struggled with addiction (alcohol, drugs, gambling, etc.)
- ☐ A parent had untreated mental illness (depression, anxiety, personality disorder)
- ☐ I experienced physical, emotional, or sexual abuse
- ☐ I experienced emotional or physical neglect
- ☐ My parents fought constantly or had a volatile relationship
- ☐ There was domestic violence in my home
- ☐ Family problems were kept secret ("don't tell anyone")
- ☐ Emotions were not allowed or were punished
- ☐ Love and approval were conditional on my behavior or achievements
- ☐ My family had rigid, harsh rules and high expectations

### **Parentification & Role Reversal**

- ☐ I took care of my parent(s) emotionally or physically

- ☐ I was responsible for younger siblings like a parent
- ☐ I mediated between fighting parents
- ☐ I was my parent's confidant or emotional support
- ☐ I sacrificed my childhood to keep the family functioning
- ☐ I was the "responsible one" or "hero child"
- ☐ I felt guilty when I wasn't solving family problems
- ☐ My parent(s) leaned on me more than age-appropriate
- ☐ I had to be mature, perfect, or "good" to survive
- ☐ I wasn't allowed to be a child

### **Emotional Environment**

- ☐ My feelings were dismissed, minimized, or mocked
- ☐ I was told I was "too sensitive" or "too emotional"
- ☐ I learned to hide my true feelings
- ☐ Showing vulnerability was punished or used against me
- ☐ Nobody asked how I was feeling or what I needed
- ☐ My emotional needs were seen as burdensome
- ☐ I learned that other people's feelings mattered more than mine
- ☐ There was no safe person to talk to about problems
- ☐ I was blamed for others' emotions or problems
- ☐ Comfort and affection were inconsistent or absent

### **Boundaries & Autonomy**

- ☐ Privacy was not respected in my family
- ☐ I had little control over my own choices or life

- ☐ My parents were enmeshed (overly involved in my life)
  - ☐ I was not allowed to express disagreement or individuality
  - ☐ My boundaries were violated or laughed at
  - ☐ I was told I was selfish for having needs
  - ☐ I was punished for saying "no"
  - ☐ My personal space or belongings were not respected
  - ☐ I learned that boundaries hurt or offend people
  - ☐ Independence was discouraged or punished
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### **PART 3: Birth Order & Family Role**

#### **Birth Order**

Check your birth position and common associated patterns:

#### **Oldest Child:**

- ☐ I was the responsible, reliable one
- ☐ I set the example and protected younger siblings
- ☐ I bore the weight of family expectations
- ☐ I became a "third parent" in the family
- ☐ I felt pressure to be perfect or achieve

#### **Middle Child:**

- ☐ I was the peacekeeper or mediator
- ☐ I felt overlooked or invisible
- ☐ I adapted to others' needs to get attention
- ☐ I struggled to find my identity

- ☐ I learned to be flexible and accommodating

### **Youngest Child:**

- ☐ I was overprotected or babied
- ☐ Others did things for me that I should have learned
- ☐ I felt I never measured up to older siblings
- ☐ I learned to charm or manipulate to get needs met
- ☐ I was the mascot who kept things light

### **Only Child:**

- ☐ I bore all parental expectations alone
- ☐ I was my parent's confidant or best friend
- ☐ I learned to entertain or care for adults
- ☐ I felt intense pressure to succeed or make parents proud
- ☐ I had difficulty with boundaries between parent and child

### **Family Role You Played**

- ☐ **The Hero/Responsible One** — held family together, achieved to bring pride
- ☐ **The Caretaker** — took care of everyone's emotional and physical needs
- ☐ **The Peacemaker** — prevented or resolved conflict, kept everyone happy
- ☐ **The Lost Child** — stayed quiet, avoided causing problems, went unnoticed
- ☐ **The Scapegoat** — blamed for family problems, acted out family dysfunction
- ☐ **The Mascot** — used humor and charm to distract from family pain

- ☐ **The Mediator** — translated between family members, managed communication
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## **PART 4: Trauma & Significant Life Experiences**

### **Childhood Trauma**

- ☐ Physical abuse
- ☐ Sexual abuse
- ☐ Emotional or verbal abuse
- ☐ Witnessing domestic violence
- ☐ Severe bullying
- ☐ Loss of a parent (death, divorce, abandonment)
- ☐ Childhood illness or disability (my own or sibling's)
- ☐ Poverty or homelessness
- ☐ Frequent moves or instability
- ☐ Traumatic events (accidents, natural disasters, violence)

### **Attachment & Abandonment Experiences**

- ☐ Inconsistent or unpredictable parenting
- ☐ A parent who was emotionally unavailable
- ☐ Early separation from primary caregiver
- ☐ Multiple caregivers or foster placements
- ☐ Parental abandonment or rejection
- ☐ Never feeling securely loved or safe
- ☐ Fear of abandonment that started in childhood



- ☐ Anxious, avoidant, or disorganized attachment patterns

### **Adult Relationship History**

- ☐ Previous relationships with addicts or alcoholics
  - ☐ Previous relationships with narcissists or emotionally abusive people
  - ☐ Pattern of choosing unavailable or troubled partners
  - ☐ History of being cheated on or betrayed
  - ☐ Abusive romantic relationships
  - ☐ Relationships where I did all the emotional labor
  - ☐ Pattern of attracting people who need to be "saved"
  - ☐ Difficulty maintaining healthy relationships
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## **PART 5: Religious & Cultural Background**

### **Religious Upbringing**

- ☐ I was taught that self-sacrifice is the highest virtue
- ☐ Setting boundaries was considered selfish or sinful
- ☐ I was taught to submit without question (especially if female)
- ☐ Suffering and martyrdom were glorified
- ☐ I learned that my needs don't matter, only serving others
- ☐ Forgiveness meant staying in harmful relationships
- ☐ I was taught that I'm fundamentally flawed or sinful
- ☐ Questioning authority was forbidden
- ☐ I was shamed for having needs or being "selfish"
- ☐ Perfect obedience and compliance were required

- ☐ My religious community enabled dysfunction in families
- ☐ Divorce or leaving relationships was heavily stigmatized

### **Cultural Messages**

- ☐ My culture emphasized collectivism over individual needs
  - ☐ Gender roles dictated that I must be a caretaker
  - ☐ Mental health issues were stigmatized or denied
  - ☐ Family reputation was more important than individual wellbeing
  - ☐ Speaking up or setting boundaries brought shame to the family
  - ☐ I was raised with messages about being "nice" at all costs
  - ☐ My culture had strict expectations about duty and obligation
  - ☐ Individual desires were seen as less important than family/community
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## **PART 6: Personality Traits & Temperament**

### **Natural Tendencies**

- ☐ I am highly sensitive to others' emotions and moods
- ☐ I have strong empathy and feel others' pain deeply
- ☐ I am naturally nurturing and caring
- ☐ I am a perfectionist with high standards for myself
- ☐ I am anxious and worry about things constantly
- ☐ I need to feel in control to feel safe
- ☐ I am conflict-averse and fear confrontation
- ☐ I am loyal to a fault

- ☐ I am intuitive and can read people easily
  - ☐ I put others at ease and make them feel comfortable
  - ☐ I am reliable and responsible
  - ☐ I am organized and like to take charge
  - ☐ I am more comfortable giving than receiving
  - ☐ I have difficulty trusting others to do things right
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## **PART 7: Current Life Circumstances**

### **Professional/Vocational**

- ☐ I work in a helping profession (nursing, teaching, counseling, ministry, social work)
- ☐ My work culture rewards self-sacrifice and overtime
- ☐ I have difficulty setting boundaries at work
- ☐ I take on more than my share of responsibilities at work
- ☐ I feel guilty taking time off or asking for what I need
- ☐ Coworkers or clients depend on me excessively

### **Current Stressors**

- ☐ I'm in a relationship with someone with addiction or mental health issues
- ☐ I'm dealing with a major loss (death, divorce, job loss)
- ☐ I'm experiencing financial stress
- ☐ I'm going through a major life transition
- ☐ I'm caring for aging parents or sick family members
- ☐ I'm isolated and lack healthy support systems

- [ ] I'm experiencing health problems related to stress
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## SCORING & INTERPRETATION

### Part 1: Current Codependent Behaviors (60 items)

Count your checked items:

- **0-10 items:** You have minimal codependent tendencies. You may have healthy boundaries and balanced relationships.
- **11-25 items:** You have moderate codependent patterns. Consider examining which areas need attention.
- **26-40 items:** You have significant codependent patterns affecting your relationships and wellbeing.
- **41+ items:** You have severe codependent patterns. Professional support is strongly recommended.

### Parts 2-7: Contributing Factors

These sections help you understand **why** you developed codependent patterns. High scores here explain vulnerability but don't define your worth.

**Key insight:** The more risk factors you have from Parts 2-7, the more understandable your codependency is. You developed these patterns for survival and protection.

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## What Your Results Mean

### If You Scored High on Current Behaviors (Part 1):

You're likely experiencing significant distress in relationships. Codependency is affecting your wellbeing, self-worth, and ability to have healthy connections.

**Common feelings include:**

- Exhaustion from giving so much
- Resentment toward people you help
- Loss of self and identity
- Anxiety about relationships
- Depression or emptiness
- Physical symptoms (headaches, digestive issues, fatigue)

### **If You Scored High on Contributing Factors (Parts 2-7):**

You developed codependent patterns as a **survival mechanism**. These behaviors once protected you, helped you cope, or were your best attempt to get love and safety in difficult circumstances.

**This is important:** Codependency wasn't a choice. It was an adaptation to circumstances beyond your control.

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### **Red Flags: Seek Professional Help If:**

- ☐ You're in an abusive relationship but feel unable to leave
- ☐ You're having thoughts of self-harm or suicide
- ☐ You're experiencing severe anxiety or depression
- ☐ You've lost your sense of identity completely
- ☐ You're using substances to cope
- ☐ Your physical health is suffering
- ☐ You feel hopeless about change
- ☐ You're isolated from friends and family
- ☐ You're enabling someone's addiction or destructive behavior
- ☐ Your children are affected by your relationship patterns

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## The Path to Recovery

### Understanding Your Patterns

#### Codependency recovery involves:

1. **Recognizing the patterns** — awareness is the first step
2. **Understanding the origins** — having compassion for why you developed these patterns
3. **Grieving your losses** — the childhood, safety, or love you deserved but didn't receive
4. **Learning about healthy relationships** — what normal, reciprocal relationships look like
5. **Developing boundaries** — protecting your time, energy, feelings, and identity
6. **Building self-worth** — learning you have value beyond what you do for others
7. **Practicing self-care** — prioritizing your own needs without guilt
8. **Healing trauma** — working through past wounds with professional support
9. **Choosing healthier relationships** — surrounding yourself with reciprocal, respectful people
10. **Finding your authentic self** — discovering who you are outside of your roles

### Resources for Recovery

#### Therapy approaches that help:

- Individual therapy with a codependency specialist
- Group therapy or support groups (CoDA - Codependents Anonymous)

- Attachment-based therapy
- Trauma therapy (EMDR, IFS, Somatic Experiencing)
- Family systems therapy
- Cognitive-behavioral therapy (CBT)

### **Books to explore:**

- "Codependent No More" by Melody Beattie
- "Boundaries" by Henry Cloud and John Townsend
- "The New Codependency" by Melody Beattie
- "Facing Codependence" by Pia Mellody
- "Women Who Love Too Much" by Robin Norwood

### **Support groups:**

- CoDA (Codependents Anonymous)
- Al-Anon (for families of alcoholics)
- Adult Children of Alcoholics (ACA)
- Online support communities

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## **Words of Hope**

### **Your codependency does not define you.**

The traits that made you vulnerable—your empathy, sensitivity, loyalty, caring nature, and desire to help—are not flaws. They are beautiful qualities that were exploited or misdirected.

### **Recovery doesn't mean becoming:**

- Selfish or uncaring
- Cold or disconnected

- Unwilling to help others
- Independent to the point of isolation

**Recovery means learning to:**

- Care for yourself as much as you care for others
- Give from a full cup, not an empty one
- Choose relationships where love flows both ways
- Know the difference between helping and enabling
- Set boundaries without guilt
- Say "no" without feeling like a bad person
- Be valued for who you are, not just what you do

**You deserve:**

- To be loved for who you are, not what you provide
- Relationships where you can be yourself
- To have needs and have them matter
- To rest without guilt
- To be imperfect and still be worthy
- To receive as much as you give
- To take up space in your own life

**Remember:** Recognizing codependency isn't a judgment—it's an invitation. An invitation to reclaim yourself, to heal, and to discover what it feels like to live authentically, with healthy boundaries and genuine connection.

**You are worthy of love, just as you are.**

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*If you recognized yourself in this checklist, please be gentle with yourself. Change takes time, and you don't have to do it alone. Consider reaching out to a therapist, joining a support group, or confiding in a trusted friend. Recovery is possible, and you deserve to live free from these patterns.*