

THE CO-DEPENDENCY SPECTRUM ASSESSMENT

A Tool for Self-Discovery and Healing

Beloved Rising Ministry

INTRODUCTION

Co-dependency isn't an on/off switch—it's a spectrum. Most of us exhibit some co-dependent tendencies in certain relationships or situations, while maintaining healthy boundaries in others. This assessment is designed to help you understand:

- WHERE you fall on the co-dependency continuum
- WHICH relationship contexts trigger co-dependent patterns
- WHAT specific areas need attention and healing

Remember: This assessment is a tool for self-awareness, not condemnation. God's grace meets us wherever we are on the journey, and awareness is the first step toward freedom.

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." - Galatians 5:1 (NASB)

HOW TO USE THIS ASSESSMENT

1. Complete all four relationship contexts: Family, Work, Church, and Friendships
2. Answer honestly: There are no "right" answers—only honest ones
3. Use the present tense: Rate how things are NOW, not how you wish they were
4. Take your time: This isn't a race; reflection is valuable
5. Review your results: Use the scoring guide to understand your patterns

RATING SCALE

For each statement, rate how true it is for you in that specific relationship context:

- **0 = Never or Almost Never True**
- **1 = Rarely True**
- **2 = Sometimes True**
- **3 = Often True**
- **4 = Very Often True**
- **5 = Always or Almost Always True**

PART 1: FAMILY RELATIONSHIPS

(Parents, siblings, extended family, in-laws)

Rate each statement as it applies to these relationships:

Identity & Self-Worth

1. My sense of worth depends on how my family members view me. _____
2. I feel like I don't know who I am apart from my family role. _____
3. I change my opinions or preferences to match what my family wants. _____
4. I feel guilty when I prioritize my needs over family expectations. _____
5. My mood is determined by whether my family members are happy with me. _____

Boundaries & Responsibility

6. I feel responsible for solving my family members' problems. _____
7. I have difficulty saying "no" to family requests, even when overwhelmed. _____
8. I allow family members to treat me in ways I wouldn't accept from others. _____
9. I feel obligated to maintain peace even at the expense of my own wellbeing. _____
10. I struggle to separate my feelings from my family members' feelings. _____

Control & Anxiety

11. I try to control family members' choices to reduce my own anxiety. _____
12. I feel anxious when I can't fix my family members' problems. _____
13. I give unsolicited advice or try to manage others' decisions. _____
14. I obsess about family members' problems more than they do. _____
15. I feel responsible for preventing bad things from happening to my family. _____

Communication & Authenticity

16. I minimize or hide my true thoughts and feelings to avoid conflict. _____
17. I read between the lines rather than taking people at their word. _____
18. I use indirect communication (hints, guilt) rather than direct requests. _____
19. I'm afraid to disagree with family members openly. _____
20. I sacrifice my authenticity to maintain family harmony. _____

Enabling & Rescuing

21. I make excuses for family members' harmful or irresponsible behavior. _____
22. I shield family members from natural consequences of their choices. _____
23. I do things for family members that they can and should do themselves. _____
24. I give more to relationships than I receive. _____
25. I continue in relationships that consistently drain or harm me. _____

PART 1: FAMILY RELATIONSHIPS SUBTOTAL: _____ / 125

PART 2: WORK RELATIONSHIPS

(Supervisors, coworkers, direct reports, clients, professional contacts)

Rate each statement as it applies to these relationships:

Identity & Self-Worth

1. My sense of value is tied to my performance and productivity at work. _____
2. I feel I must prove myself constantly through achievement. _____
3. I derive my primary sense of identity from my job or role. _____
4. I feel worthless or anxious when I'm not being productive. _____
5. Criticism at work feels like a judgment on my entire worth as a person. _____

Boundaries & Responsibility

6. I regularly work beyond my scheduled hours without compensation. _____
7. I take on others' work responsibilities in addition to my own. _____
8. I have difficulty delegating or saying "no" to additional assignments. _____
9. I feel guilty about taking time off or using my earned benefits. _____
10. I prioritize work demands over my health, relationships, or personal needs. _____

Control & Anxiety

11. I try to control how colleagues do their work to reduce my anxiety. _____
12. I feel anxious when I'm not involved in or aware of all workplace decisions. _____
13. I micromanage or struggle to trust others with tasks. _____
14. I take responsibility for team problems that aren't mine to solve. _____
15. I feel personally responsible for organizational outcomes beyond my control. _____

Communication & Authenticity

- 16. I avoid expressing disagreement with supervisors or colleagues. _____
- 17. I minimize or hide my need for help or support at work. _____
- 18. I say "yes" when I mean "no" regarding work commitments. _____
- 19. I suppress my professional opinions to maintain workplace peace. _____
- 20. I pretend to agree with decisions or directions I disagree with. _____

Enabling & Rescuing

- 21. I cover for colleagues' mistakes or incomplete work. _____
- 22. I make excuses for others' poor performance or behavior. _____
- 23. I do others' work to avoid conflict or perceived failure. _____
- 24. I remain in toxic work environments longer than healthy. _____
- 25. I sacrifice my integrity or values to meet workplace expectations. _____

PART 2: WORK RELATIONSHIPS SUBTOTAL: _____ / 125

PART 3: CHURCH RELATIONSHIPS

(Pastors, church leaders, ministry teams, fellow congregants, spiritual communities)

Rate each statement as it applies to these relationships:

Identity & Self-Worth

1. My sense of God's love depends on how church leaders view me. _____
2. I equate my spiritual worth with my level of service or involvement. _____
3. I feel I must earn acceptance in the faith community through performance. _____
4. My identity is more tied to my ministry role than to being God's beloved. _____
5. I feel "less than" when I'm not serving or meeting church expectations. _____

Boundaries & Responsibility

6. I say "yes" to ministry commitments out of guilt rather than calling. _____
7. I have difficulty stepping back from church roles even when burned out. _____
8. I feel responsible for keeping the church or ministry running smoothly. _____
9. I neglect my own spiritual health to serve others' spiritual needs. _____
10. I allow church leaders to override my personal convictions or boundaries. _____

Control & Anxiety

11. I try to manage others' spiritual journeys or decisions. _____
12. I feel anxious when church members aren't meeting my spiritual expectations. _____
13. I give unsolicited spiritual advice or try to "fix" others' faith issues. _____
14. I take personal responsibility for others' spiritual growth or lack thereof. _____
15. I feel I must prevent people from making "wrong" spiritual choices. _____

Communication & Authenticity

- 16. I hide my doubts, questions, or struggles to maintain my "spiritual" image. _____
- 17. I suppress disagreement with church teachings or leadership decisions. _____
- 18. I use spiritual language to avoid authentic emotional communication. _____
- 19. I'm afraid to be honest about my limitations or need for help. _____
- 20. I present a false version of myself to fit church expectations. _____

Enabling & Rescuing

- 21. I make excuses for church leaders' harmful or unhealthy behavior. _____
- 22. I tolerate spiritual abuse or manipulation to maintain community. _____
- 23. I give financially or serve beyond my capacity out of guilt or pressure. _____
- 24. I stay in spiritually unhealthy environments hoping to change them. _____
- 25. I sacrifice my own spiritual growth to serve others' needs. _____

PART 3: CHURCH RELATIONSHIPS SUBTOTAL: _____ / 125

PART 4: FRIENDSHIPS

(Close friends, social circles, casual friends, acquaintances)

Rate each statement as it applies to these relationships:

Identity & Self-Worth

1. I need constant reassurance from friends that they value me. _____
2. I change my interests or opinions to match my friends' preferences. _____
3. My mood depends heavily on how my friendships are going. _____
4. I lose myself trying to be who I think my friends want me to be. _____
5. I feel worthless or abandoned when friends don't respond immediately. _____

Boundaries & Responsibility

6. I feel responsible for my friends' happiness and emotional state. _____
7. I have difficulty maintaining separate interests or time apart from friends. _____
8. I allow friends to consistently cancel, be late, or treat me inconsiderately. _____
9. I prioritize friends' needs over my own health and wellbeing. _____
10. I struggle to say "no" even when I don't want to do something. _____

Control & Anxiety

11. I try to control my friends' choices when I think they're making mistakes. _____
12. I feel anxious when friends make decisions without consulting me. _____
13. I give unsolicited advice or try to fix my friends' problems. _____
14. I become preoccupied with friends' issues more than they seem to be. _____
15. I try to prevent friends from experiencing natural consequences. _____

Communication & Authenticity

16. I hide my true feelings to avoid conflict or disappointing friends. _____
17. I use hints or manipulation rather than direct communication. _____
18. I struggle to express my needs clearly in friendships. _____
19. I minimize my problems or needs to avoid burdening friends. _____
20. I present a false version of myself to maintain friendships. _____

Enabling & Rescuing

21. I make excuses for friends' hurtful or irresponsible behavior. _____
22. I loan money or resources I can't afford to lose. _____
23. I do things for friends that they should do for themselves. _____
24. I remain in one-sided friendships that drain me. _____
25. I accept poor treatment because I fear losing the friendship. _____

PART 4: FRIENDSHIPS SUBTOTAL: _____ / 125

TOTAL SCORING SUMMARY

Transfer your subtotals from each section:

- Family Relationships: _____ / 125
- Work Relationships: _____ / 125
- Church Relationships: _____ / 125
- Friendships: _____ / 125

OVERALL TOTAL: _____ / 500

INTERPRETING YOUR SCORES

OVERALL SPECTRUM PLACEMENT

0-100 (Healthy Interdependence)

You demonstrate mostly healthy boundaries and balanced relationships. You may have occasional co-dependent tendencies in stressful situations, but overall you maintain your identity and worth independent of others' approval. Continue nurturing these healthy patterns.

101-200 (Mild Co-Dependency)

You show moderate co-dependent tendencies. You're able to maintain boundaries in some areas but struggle in others. Awareness is your ally here. Focus on the specific relationship contexts and categories where you scored highest. Growth is absolutely possible with intentional practice.

201-300 (Moderate Co-Dependency)

Co-dependent patterns significantly impact your relationships and wellbeing. You likely experience regular anxiety, resentment, and exhaustion from over-functioning in relationships. This level requires intentional work with support—consider professional counseling, a support group, or intensive study of boundary-setting and identity formation.

301-400 (Severe Co-Dependency)

Co-dependency is a dominant pattern across multiple relationship contexts. You may feel trapped, overwhelmed, and disconnected from your true self. Your identity is likely deeply entangled with others' needs and approval. Professional help is strongly recommended, along with spiritual direction focused on your belovedness in Christ apart from performance.

401-500 (Crisis-Level Co-Dependency)

Co-dependent patterns are pervasive and likely causing significant harm to your mental, physical, and spiritual health. You may be experiencing burnout, depression, anxiety, or physical symptoms. Immediate support is needed. Please reach out to a therapist specializing in co-dependency, and consider whether you're in abusive relationships requiring safety planning.

INDIVIDUAL RELATIONSHIP CONTEXT ANALYSIS

Review your scores for each relationship type:

Per Context Scoring Guide (out of 125 each)

0-25: Healthy Boundaries

Strong, appropriate boundaries in this context. Maintain these patterns.

26-50: Slight Tendencies

Occasional co-dependent behaviors, especially under stress. Monitor and strengthen boundaries.

51-75: Moderate Co-Dependency

Significant co-dependent patterns in this context. This area needs focused attention and healing work.

76-100: Severe Co-Dependency

This relationship context is deeply affected by co-dependency. Consider whether these relationships are safe and healthy.

101-125: Crisis Level

Urgent attention needed. These relationships may be abusive or severely unhealthy. Professional help recommended.

CATEGORY BREAKDOWN ANALYSIS

Look at your scores within each category across all relationship contexts:

The Five Core Co-Dependency Categories

Review items 1-5, 6-10, 11-15, 16-20, and 21-25 in each section to identify your strongest patterns:

1. IDENTITY & SELF-WORTH

Core Issue: Deriving your worth from external validation rather than your intrinsic value as God's beloved.

Biblical Truth: *"See how great a love the Father has given us, that we would be called children of God; and in fact we are." - 1 John 3:1 (NASB)*

Healing Focus:

- Practice grounding in your identity as God's beloved child
- Separate your worth from your performance or others' opinions
- Develop internal validation based on biblical truth
- Notice when you're seeking from people what only God can give

2. BOUNDARIES & RESPONSIBILITY

Core Issue: Confusion about where you end and others begin; taking responsibility for things outside your control.

Biblical Truth: *"Each one will bear his own load." - Galatians 6:5 (NASB)*

Healing Focus:

- Learn to distinguish between helping and enabling
- Practice saying "no" as a complete sentence
- Recognize that loving others doesn't mean losing yourself

- Understand that boundaries are biblical and necessary

3. CONTROL & ANXIETY

Core Issue: Attempting to manage others' lives to reduce your own anxiety; playing God in others' stories.

Biblical Truth: *"Casting all your anxiety on Him, because He cares about you." - 1 Peter 5:7 (NASB)*

Healing Focus:

- Release the illusion that you can control outcomes
- Allow others to experience consequences of their choices
- Redirect control energy toward your own life and choices
- Develop trust in God's sovereignty over others' lives

4. COMMUNICATION & AUTHENTICITY

Core Issue: Hiding your true self, feelings, and needs to maintain false peace or approval.

Biblical Truth: *"Therefore, ridding yourselves of falsehood, speak truth each one of you with his neighbor." - Ephesians 4:25 (NASB)*

Healing Focus:

- Practice direct, honest communication
- Risk being known rather than maintaining a false image
- Express needs and feelings clearly and respectfully
- Recognize that authentic relationships require authenticity

5. ENABLING & RESCUING

Core Issue: Protecting others from consequences; giving more than is healthy while receiving less than you need.

Biblical Truth: *"Do not be deceived, God is not mocked; for whatever a person sows, this he will also reap."* - Galatians 6:7 (NASB)

Healing Focus:

- Allow natural consequences to be teachers
- Stop doing for others what they should do for themselves
- Recognize the difference between supporting and rescuing
- Evaluate whether relationships are mutual and life-giving

QUESTIONS FOR DEEPER REFLECTION

After reviewing your scores, consider these questions:

Pattern Recognition

1. Which relationship context shows your strongest co-dependent patterns?
2. Which category (Identity, Boundaries, Control, Communication, Enabling) is most challenging for you?
3. Are there patterns from your family of origin that show up in other relationship contexts?
4. When did these patterns begin? What purpose did they serve then?

Triggers & Situations

1. What situations or types of people trigger your co-dependent behaviors?
2. What emotions do you feel before engaging in co-dependent behaviors? (Fear? Guilt? Shame? Anxiety?)
3. What are you afraid will happen if you stop these patterns?
4. What do you believe about yourself when you're in co-dependent mode?

Spiritual Dimension

1. How do your co-dependent patterns relate to your understanding of God's love?
2. Where are you seeking from people what only God can provide?
3. How might God be inviting you into greater freedom and authenticity?
4. What lies have you believed about your worth or identity?

Moving Forward

1. What is one small boundary you could practice this week?
2. What support do you need to make changes? (Therapy? Group? Spiritual direction?)
3. What would freedom from co-dependency look like in your daily life?
4. Who in your life models healthy interdependence?

NEXT STEPS FOR HEALING

Based on your assessment results, consider these action steps:

IMMEDIATE ACTIONS (This Week)

For All Levels:

6. Acknowledge your co-dependent patterns without shame or judgment
7. Share your results with a trusted, healthy friend or counselor
8. Begin a prayer practice around your belovedness in Christ
9. Read John 15:1-17 and meditate on being loved apart from performance

For Moderate to Severe Scores:

10. Schedule an appointment with a therapist who specializes in co-dependency
11. Research local support groups (Co-Dependents Anonymous, Celebrate Recovery)
12. Assess whether any relationships are unsafe and require boundaries or distance
13. Consider whether you need medical support for anxiety or depression

SHORT-TERM ACTIONS (This Month)

14. Identity Work: Begin a daily practice of affirming your identity in Christ, separate from others' responses to you
15. Boundary Practice: Choose one small "no" to practice; notice the feelings that arise
16. Self-Awareness: Journal about triggers, patterns, and emotions related to your co-dependency
17. Support System: Connect with others who understand co-dependency and can support your healing
18. Education: Read books on co-dependency, boundaries, and identity (see recommended resources)
19. Spiritual Direction: Meet with a spiritual director or pastor to discuss your findings

LONG-TERM ACTIONS (Next 3-6 Months)

20. Therapy: Engage in consistent counseling focused on trauma, attachment, and relationship patterns
21. Group Work: Join a recovery group for sustained support and accountability
22. Skill Building: Take a boundaries class or workshop; practice assertive communication

- 23. Relationship Evaluation: Honestly assess which relationships are healthy and which require change
- 24. Inner Child Work: Address childhood wounds and unmet needs with professional help
- 25. Spiritual Formation: Engage in practices that ground you in God's unconditional love
- 26. Life Redesign: Begin making changes to how you structure your life and relationships

RECOMMENDED RESOURCES

Books

Codependent No More by Melody Beattie (*Classic resource on co-dependency*)

Boundaries by Henry Cloud & John Townsend (*Christian perspective on healthy limits*)

The Language of Letting Go by Melody Beattie (*Daily meditations*)

Tired of Trying to Measure Up by Jeff VanVonderen (*Performance and approval addiction*)

Changes That Heal by Henry Cloud (*Christian perspective on growth*)

Emotionally Healthy Spirituality by Peter Scazzero (*Spiritual health and emotional health*)

Support Groups

Co-Dependents Anonymous (CoDA): www.coda.org

Celebrate Recovery: www.celebraterecovery.com

Al-Anon/Alateen: www.al-anon.org (for those affected by someone else's drinking)

Professional Help

Psychology Today Therapist Finder: www.psychologytoday.com/us/therapists

American Association of Christian Counselors: www.aacc.net

EMDR International Association: www.emdria.org (for trauma-focused therapy)

Beloved Rising Resources

Contact us for:

- Small group curriculum on co-dependency recovery
- One-on-one spiritual direction
- Boundary-setting scripts and practical tools
- Faith-based recovery workbooks
- Support for those recovering from church hurt or spiritual abuse

A WORD OF HOPE

If your scores revealed patterns you didn't want to see, take heart. Awareness is the beginning of freedom, not a reason for shame. Every person who walks in freedom today started exactly where you are now—with honest recognition of the patterns that bind them.

God doesn't love you more when you're "fixed." He loves you completely, right now, in the middle of your co-dependent patterns. His grace meets you here. His power is made perfect in your weakness. His truth is setting you free.

The journey from co-dependency to healthy interdependence isn't quick or easy, but it is possible. And it's worth it. You are worth it. You are beloved—not because of what you do for others, but because of who God says you are.

"So if the Son sets you free, you will be free indeed." - John 8:36 (NASB)

ABOUT BELOVED RISING

Beloved Rising exists to help people discover their identity as God's beloved and break free from patterns of co-dependency, people-pleasing, and performance-based living. We offer resources, support, and spiritual direction for those who are tired of trying to earn love that was freely given.

You are already beloved. Let's discover together what it means to rise into that truth.

For more resources or to connect with our ministry:

[Contact information to be added]

This assessment is designed for self-reflection and educational purposes. It is not a diagnostic tool and should not replace professional counseling or medical advice. If you are in crisis, please contact a mental health professional or call the National Crisis Hotline at 988.

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