

20 Questions for Codependents

A Self Assessment Codependency test

Feel free to answer these questions.

1. Did you ever lose time from work due to your relationship with an addicted person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Have your relationships ever made your life unhappy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Have your relationships affected your reputation?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Have you every felt remorse after manipulating a situation?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Did you ever control situations to get money to pay debts household bills or otherwise solve financial difficulties that belong to someone else?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Has your involvement in a relationship caused a decrease in your ambition or efficiency?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. After a fight or disagreement, did you feel you must get even?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. After winning an argument, did you have a strong urge to restate your point?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Did you often stay in a relationship until your last hope was gone?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Did you ever borrow money to finance another person's addiction or associated crisis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

11. Have you ever sold anything to finance another person's addiction or associated crisis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Were you reluctant to purchase necessary items because it may cause a disagreement?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Did your relationships make you care less of the welfare of yourself and your family?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14. Did you ever stay in a degrading or dangerous situation longer than you planned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15. Have you ever dragged old hurts into discussions about current items?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16. Have you ever committed, or considered committing, an illegal act to finance someone's addiction?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
17. Did your relationships cause you to have difficulty in sleeping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18. Do arguments, disappointments or frustrations create within you an urge to change someone else?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19. Did you ever have an idea that if loved ones would only see things your way, life would be much better?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20. Have you ever considered self-destruction as a result of your reactions or relationships?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Answering yes to five or more of these questions is an indication that codependency has become a problem in your life.