

## Codependency Quiz

Mark the following questions True or False. Count these up and check the score guideline at the end.

1. Have you ever lost time from work because of helping someone else?
2. Are relationship worries making your home life unhappy?
3. Is it possible that you concern yourself with other people and their problems because you are shy?
4. Have you ever been in a relationship that affects your reputation and what people say about you?
5. Have you ever felt remorse over a decision that you've made to help someone in a relationship?
6. Have you ever gotten into financial difficulties as a result of a relationship?
7. Have you ever been in a relationship(s) that brings you to lower companions and an inferior environment?
8. Have you ever been in a relationship that makes you careless of your family's or friends' welfare?
9. Have you ever noticed that your ambition decreases once your relationships start?
10. During relationships, do you find that you crave a phone call or contact with the person at a definite time(s) daily?
11. Does contact with the person you are involved with cause you to want even more contact with that person the next day or even later in the day?
12. Have you ever been in a relationship during which you have trouble sleep?
13. When you are in a relationship, do you find your efficiency decreased?
14. Have you ever been in a relationship that jeopardizes your job, business or daily affairs outside the home?
15. Do you use the person that you are involved with as an escape from worries or troubles?
16. When you are alone, do you find it is difficult not to always be thinking of the relationship you might be involved in?