

17. When things turn good in a relationship, do you find it is easy to forget how bad things can get?
18. When things turn bad in a relationship, do you find yourself thinking, "How could I forget how awful this is? I should have done something about this by now."?
19. Have you ever gone to a physician due to physical illness or problems that were caused by your relationship?
20. Do you turn to the person you are involved with for self-assurance?
21. Have you ever been to a hospital or institution because of your relationship?
22. When you are in a relationship, do you think and talk about it often?
23. When you are in a relationship with someone, does your need for contact increase the more that time goes by?
24. When you are in a relationship, do you often try to talk to the person you are involved with to help you relax?
25. Do you sometimes forget the details of what happened after an especially bad argument or fight in a relationship?
26. When in a relationship, do you find that you depend on him/her just to have some fun?
27. When in a relationship, do you ever call him/her without really thinking about it?

Score Key

0 – 9 True Answers: You might be in the early stages of Codependency.

9 – 18 True Answers: You might be in the middle stages of Codependency.

18 – 27 True Answers: You might be in the later or severe stages of Codependency.