



Assessing Your Co-dependency Worksheet

Instructions: Below are a series of statements related to co-dependency traits and behaviors. For each statement, indicate the extent to which it applies to you by selecting the most appropriate option:

1. **Strongly Disagree**
2. **Disagree**
3. **Neutral**
4. **Agree**
5. **Strongly Agree**

Be honest with yourself while answering. There are no right or wrong answers.

1. I often prioritize other people's needs over my own.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

2. I struggle with setting boundaries in my relationships.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

3. I feel responsible for other people's happiness and well-being.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

4. I have difficulty saying "no" to others, even when it's inconvenient or harmful to me.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

5. I often find myself trying to "fix" or rescue others from their problems.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

6. I have a fear of abandonment and tend to cling to relationships, even if they are unhealthy.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

7. I frequently feel guilty when I prioritize my own needs or desires.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

8. I often feel responsible for solving other people's problems, even when it's not my place to do so.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

9. I have difficulty expressing my true feelings and opinions in relationships.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

10. I tend to attract or be attracted to people who are emotionally unstable or needy.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

****Scoring:****

- For statements 1, 3, 5, 7, 8, and 10:

- Strongly Disagree: 0 points

- Disagree: 1 point

- Neutral: 2 points

- Agree: 3 points

- Strongly Agree: 4 points

- For statements 2, 4, 6, and 9:

- Strongly Disagree: 4 points
- Disagree: 3 points
- Neutral: 2 points
- Agree: 1 point
- Strongly Agree: 0 points

****Interpretation:****

- 0-10 points: Low co-dependency traits.
- 11-20 points: Moderate co-dependency traits.
- 21-30 points: High co-dependency traits.

Review your responses and the total score to gain insights into your co-dependency tendencies. Remember, this assessment is just a tool, and seeking professional help may provide further clarity and support.