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|  | **Family Members Codependency Questionnaire Check box if answer is "Yes'**  1. My relationships often involve people who need my help or are somehow dependent on me.  2. When I feel I've helped someone, I experience a "high" a sense of success.  3. It is important to be needed.  4. I often find myself “in the middle," giving advice, counseling others.  5. On several occasions people have become angry when I have tried to help.  6. I seem to know when bad things are about to occur.  7. I spend a lot of time thinking through or replaying scenes, trying to figure out  what I can do to effect desired outcomes.  8. I seem to have difficulty starting and maintaining healthy relationships.  9. It's difficult for me to receive praise or care from others.  10. I do not like to let myself get angry. When I do, I often lose control.  11. It's difficult for me to say "No."  12. It's difficult for me to ask for things that I need. (Work, home, family.)  13. I often over commit my time or over promise myself.  14. It is hard for me to act silly, have fun or relax.  15. If I'm not productive, I feel worthless.  16. It's difficult to believe that someone could truly love me.  17. I am afraid of really allowing myself to love.  18. I am afraid of being abandoned or being alone.  19. Sometimes I think I expect to be hurt.  20. I find it easy to criticize and blame others.  21. I seem to justify or make excuses for others actions when they have hurt me.  22. When I know a relationship is about to end, I will stay in it. I will stay until  I can begin another dependent relationship.  23. It is easy to make me feel guilty and accept blame. I will take responsibility for others.  Somehow things end up being my fault.  24. I am not sure what normal is.  25. I often take a stand in a relationship and then go back on what I said I would do.  It seems as though I get sucked in again and again.  26. My circle of friends seems to have diminished.  27. I am not aware of what I want. I ask others what they want.  28. I tend to be sick a lot. I can't seem to fight off infection.  29. There never seems to be enough time to do things just for me; things I would enjoy doing. |