

BALANCE in RELATIONSHIPS

ARE YOU CODEPENDENT?

Codependency Quiz

Regarding Relationships: How Emotionally Balanced Are You?

Answer the following *true* or *false* questions as honestly and concisely and quickly as possible. Take no more than five seconds to circle the T or F on each response. Your first answer will likely be the most accurate. Make no changes, and move on quickly to the next question. If a question is not applicable to your circumstances, simply move on to the next.

- T / F 1. When you are in a relationship, nothing else matters.
- T / F 2. You have spent nights waiting for the phone to ring.
- T / F 3. When you are in love, you lose weight.
- T / F 4. When you are in love, you gain weight.
- T / F 5. To the exclusion of your friends, your partner's friends become your friends.
- T / F 6. Since settling into a relationship you've become estranged from your friends and family.
- T / F 7. You would rather die than be alone.
- T / F 8. You would rather die than be without this current significant person.
- T / F 9. You make excuses for your lover's moods.
- T / F 10. You make excuses for your lover's behaviors.
- T / F 11. Alcohol and/or drugs play a big part in your relationship.
- T / F 12. You tolerate a level of disrespect.
- T / F 13. You have never, or rarely, *not* been involved with someone.
- T / F 14. You hate to be alone.
- T / F 15. You're scared to be alone.
- T / F 16. You do not sleep when you are alone.
- T / F 17. You have hidden bruises.
- T / F 18. You no longer recognize the reflection in the mirror.
- T / F 19. You know none of your neighbors.
- T / F 20. You bite your tongue often to prevent your true feelings from escaping.
- T / F 21. You've let yourself go.
- T / F 22. Alcoholism runs in your gene pool.
- T / F 23. You've swallowed your pride to keep the peace.
- T / F 24. Your hygiene has suffered.
- T / F 25. Your once meticulous home is now a mess.
- T / F 26. Your relationship thrives only due to inertia.
- T / F 27. You leave your belongings lying around.
- T / F 28. Your partner leaves dirty underwear on the floor.
- T / F 29. You don't make plans until you've talked to your lover.
- T / F 30. You talk behind your partner's back about his or her behavior.
- T / F 31. You rarely/never go anywhere without your partner.
- T / F 32. You and your partner call each other during the day, every day.
- T / F 33. You keep secrets.
- T / F 34. Your anger never shows.
- T / F 35. Your friends have stopped calling.
- T / F 36. You are jealous.
- T / F 37. Your lover is jealous.
- T / F 38. His or her jealousy is a sign of love.
- T / F 39. Your jealousy is a sign of love.
- T / F 40. You have contemplated suicide.

- T / F 41. You've entertained homicidal thoughts.
- T / F 42. You cannot imagine life with anyone else.
- T / F 43. He or she *completes* you.
- T / F 44. You don't know who you are anymore.
- T / F 45. You have been unfaithful.
- T / F 46. You have told a lot of lies.
- T / F 47. You are often sick.
- T / F 48. You know you can change him or her with patience and love.
- T / F 49. You would never tell your mother how he or she treats you.
- T / F 50. You were raised in a broken home.
- T / F 51. You like all the same music, television shows, teams, etc.
- T / F 52. Your partner ignores you.
- T / F 53. You were molested.
- T / F 54. Your partner disregards your feelings.
- T / F 55. You have been shoved by a partner.
- T / F 56. Your partner is emotionally abusive.
- T / F 57. Your partner is physically abusive.
- T / F 58. You are physically abusive.
- T / F 59. You're increasingly unsure about yourself.
- T / F 60. You would like to go back to school but your partner says, "no."
- T / F 61. A partner has stalked you.
- T / F 62. Your lover has shown up unexpectedly.
- T / F 63. You and your partner are in traditional male and female roles.
- T / F 64. You hear your inauthentic terms of endearment as you lie to him or her.
- T / F 65. You are manipulated by guilt.
- T / F 66. You are helpless.
- T / F 67. You often say, "I can't" when you really mean, "I won't."
- T / F 68. You religiously watch Dr. Phil and Oprah for the relationship advice.
- T / F 69. You wish you had more nerve.
- T / F 70. You are depressed.
- T / F 71. You would leave, "but...."
- T / F 72. You are scared for your life.
- T / F 73. He or she loves you as much as they are capable of loving.
- T / F 74. You feel pity for your partner.
- T / F 75. You only think about leaving when things are really bad.
- T / F 76. There was a time, a long time ago, when life was good.
- T / F 77. You justify staying (for the kids, for the money, etc.).
- T / F 78. "Better the devil you know." (There are worse out there!)
- T / F 79. You think you *should* leave.
- T / F 80. You will hide these answers from your partner.

Add all circled *True* answers:

- 0- 5 Congratulations! You seem to have a healthy sense of self.
- 6-10 Great! You're mostly secure and interdependent rather than co-dependent.
- 11-20 Pay attention! Are you losing your authentic self? Consciously alter your course.
- 20-30 Unless you stop the codependent behavior you are at high risk for devastating results.
- 30+ Seek professional help for codependency; you are at high risk for abuse and/or death at the hands of a partner.