



CODEPENDENCY TEST PDF

Use our informal testing tool for insights and support!

1. I prefer to avoid conflict and not express feelings when I think it might lead to conflict in an important relationship.
2. I feel like I spend a lot of time on things that don't matter and don't move the needle forward on my desires for life. I never get anywhere with my efforts.
3. I don't take good care of myself because I'm too busy being a caretaker for others.
4. I would be embarrassed if people knew certain things about my life, my emotions, and the things that bring me joy.
5. After I have an interaction with a loved one, I spend an inordinate amount of time criticizing and critiquing how our conversation played out.
6. I didn't grow up in a home where we talked about our feelings openly.
7. I don't feel like my love life is satisfying and it tends to lack intimacy with my partner(s).
8. I often have a hard time defining my emotions and seeking professional help when needed to process them within healthy boundaries.
9. I have the desire to do more and accomplish more than I'm currently able to do.
10. Often, I feel like no one is available to help me with the things that are on my to-do list.
11. I prefer not to do activities on my own.
12. Even when I'm upset or angry, I try to put on a positive face so that others don't recognize those feelings in me.
13. I don't feel like I have a good idea of where I'm headed in life and wish I could change direction.
14. I feel trapped in confusing relationships.
15. I don't express my feelings to prevent upsetting my family members or friends.
16. Even though I don't have the time or energy, I often say yes when close family members or friends ask for my help on a project.
17. When someone hurts my feelings with a careless remark, I find it difficult to confront them with my feelings.
18. I struggle to know when I should speak up for myself and often go along with the plans other people have set in place for me.
19. I don't like to let new people into my life or let them experience who I am. As a result, I feel like very few people know the real me.
20. I hate being alone and would prefer the company of others.
21. I prioritize others over myself.
22. I constantly feel the need to apologize for my feelings, actions, and words even if there is no evidence that I have done something wrong in my relationships.
23. I find that I do too much for the people in my life and I look back on it, wondering why I felt so inclined to put so much effort into the relationship when it wasn't reciprocated.
24. If I were to let go of my role in my relationships, I think that everything I built would fall apart.
25. I often do more than I think I should to sustain the status quo in my relationships.



CODEPENDENCY TEST ANSWER KEY

Tally up how many "true" answers you had in this quiz and see which category you fall into to assess if you need emotional support to course-correct.

1-5 True Answers

If you had five or fewer true answers, you likely don't struggle with codependent relationships. Odds are good that you grew up in a healthy family who expressed their feelings openly and taught you how to do the same. You carry these lessons into adulthood and might have very few mental health issues or behavioral health issues that result from an unhealthy childhood.

6-14 True Answers

When you have a significant number of true answers on your test, it might be a sign that you need to start prioritizing your own needs. People with scores in this range are very likely to have grown up in dysfunctional families and those beliefs may transfer into adulthood. It would be good to get help for this issue now so that you can start to set boundaries with loved ones.

15-20 True Answers

This represents a very serious issue with codependency. Chances are that you feel guilty about your relationships when you attempt to set boundaries. You may not have a real clear idea of what healthy relationships look like. You will need professional help to counteract the negative consequences of these sustained codependent patterns.

21-25 True Answers

If you answered almost every question on the quiz as a true statement, then you should get help for your codependency. You may experience other addictive behaviors that influence your relationships because you have a hard time coping with unsustainable relationships. You need to cope with your family history and take charge of your own life.