

Characteristics of co-dependent people are:

1. An exaggerated sense of responsibility for the actions of others
2. A tendency to confuse love and pity, with the tendency to “love” people they can pity and rescue
3. A tendency to do more than their share, all of the time
4. A tendency to become hurt when people don’t recognize their efforts
5. An unhealthy dependency on relationships. The co-dependent will do anything to hold on to a relationship; to avoid the feeling of abandonment
6. An extreme need for approval and recognition
7. A sense of guilty when asserting themselves
8. A compelling need to control others
9. Lack of trust in self and/or others
10. Fear of being abandoned or alone
11. Difficulty identifying feelings
12. Rigidity/difficulty adjusting to change
13. Problems with intimacy/boundaries
14. Chronic anger
15. Lying/dishonest
16. Poor communications
17. Difficulty making decisions

Denial patterns:

1. I have difficulty indentifying what I am feeling
2. I minimize, alter or deny how I truly feel
3. I perceive myself as completely unselfish and dedicated to the well being of others

Low self-esteem patterns:

1. I have difficulty making decisions
2. I judge everything I think, say or do harshly, as never “good enough.”
3. I am embarrassed to receive recognition and praise or gifts
4. I do not ask others to meet my needs or desires
5. I value others’ approval of my thinking, feelings and behavior over my own
6. I do not perceive myself as a lovable or worthwhile person

Compliance patterns:

1. I compromise my own values and integrity to avoid rejection or others’ anger
2. I am very sensitive to how others are feeling and feel the same
3. I am extremely loyal, remaining in harmful situations too long

4. I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own
5. I put aside my own interests and hobbies in order to do what others want
6. I accept sex when I want love

Control patterns:

1. I believe most other people are incapable of taking care of themselves
2. I attempt to convince others of what they "should" think and how they "truly" feel
3. I become resentful when others will not let me help them
4. I freely offer others advice and directions without being asked
5. I lavish gifts and favors on those I care about
6. I use sex to gain approval and acceptance
7. I have to be "needed" in order to have a relationship with others

So, am I co-dependent:

1. Do you keep quiet to avoid arguments?
2. Are you always worried about others' opinions of you?
3. Have you ever lived with someone who has an addiction?
4. Have you ever lived with someone who hits or belittles you?
5. Are the opinions of others more important than your own?
6. Do you have difficulty adjusting to changes at work or home?
7. Do you feel rejected when significant others spend time with friends?
8. Do you doubt your ability to be who you want to be?
9. Are you uncomfortable expressing your true feelings to others?
10. Have you ever felt inadequate?
11. Do you feel like a "bad person" when you make a mistake?
12. Do you think people in your life would go downhill without your constant efforts?
13. Do you frequently wish someone could help you get things done?
14. Do you have difficulty talking to people in authority?
15. Do you have difficulty taking compliments or gifts?
16. Do you feel humiliation when your child or spouse makes a mistake?
17. Are you confused about who you are or where you are going within your life?
18. Do you have trouble saying "no" when asked for help?
19. Do you have trouble asking for help?
20. Do you have so many things going at once that you can't do justice to any of them?