

Codependency Packet

Reflection Questions to Identify Signs of Codependency

This is not meant to serve as a diagnostic tool. Also, there can be varying degrees, intensity, and impact on daily functioning. Please discuss your questions, awareness, and insight with a mental health professional.

	Never	Sometimes	Often	Always
1. Do you tend to keep quiet to avoid arguments?				
2. Are you worried about others' opinions of you?				
3. Do you have issues asking for help?				
4. Do you have so much going on it's hard to do justice to any of them?				
5. Are the opinions of others more important than your own?				
6. Do you struggle with adjusting to change at work or home?				
7. Do you feel rejected when people you like spend time with friends without you?				
8. Do you doubt your ability to be who you want to be?				
9. Are you uncomfortable expressing your feelings to others?				
10. Do you tend to feel responsible for caring for others?				
11. Do you feel like a "bad person" when you make a mistake?				
12. Do you struggle to receive compliments?				
13. Does feedback/criticism seem to cause feelings of shame?				
14. Do you feel humiliated when someone you care about makes a mistake?				
15. Do you feel people would go downhill if you weren't there for them constantly?				
16. Do you wish others could help you get things done?				
17. Are you confused about who you are and what you're doing?				
18. Do you struggle with talking to people in "authority?"				
19. Do you feel bad when you say "no?"				
20. Do you say "yes" even when you don't want to?				
21. How frequently do you feel resentful or angry?				
22. Are you afraid of being abandoned or alone?				
Reflection:				

Credit: Some questions compiled by Teresa Kleffner, MSW, LCSW (St. Louis Counseling and Wellness)

