

# Codependency Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Please answer each question honestly with a "Yes" or "No." This test is designed to promote self-awareness and reflection on codependent tendencies.

| Question   | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Are you often preoccupied with taking care of others, neglecting your own needs?                | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you find it challenging to express your true feelings and desires in relationships?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you prioritize others' happiness over your own well-being?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you frequently seeking validation and approval from others to feel worthy?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you stayed in unhealthy or harmful relationships despite knowing they are detrimental?     | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you feel responsible for solving others' problems and rescuing them from their difficulties? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is saying "no" to others difficult for you, even when it hurts or inconveniences you?           | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you avoid confrontation and conflict to keep the peace in relationships?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are you afraid of rejection or abandonment, leading you to avoid expressing your needs?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you struggle to set and maintain healthy boundaries with others?                            | <input type="checkbox"/> | <input type="checkbox"/> |

|  |                          |                          |
|--|--------------------------|--------------------------|
| 11. Do you feel guilty when taking time for yourself and focusing on your own needs?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Do you rely on others' opinions to make decisions instead of trusting your own judgment?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Do you attract and maintain relationships with emotionally unavailable or dependent individuals? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Do you feel anxious or fearful when you perceive that others are upset with you?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do you have difficulty identifying and pursuing your own goals and passions?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Do you suppress your emotions and needs to avoid displeasing others?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Do you often feel unfulfilled or empty, even when giving a lot to others?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Do you struggle with low self-esteem or feelings of worthlessness?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Are you frequently seeking to "fix" or change others to make them happy?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Do you feel trapped in relationships, unable to leave even when unhappy?                         | <input type="checkbox"/> | <input type="checkbox"/> |

**Total Score:**

### Scoring Interpretation

Once you have completed all 20 questions, add up your points to calculate your total score.

- For each "Yes" response, assign 1 point.
- For each "No" response, assign 0 points.

## **Scoring Interpretation:**

**0 to 5 points:** Low Codependency Tendencies: Your responses indicate that you have relatively low codependent traits, and you are likely to have healthy boundaries and self-awareness in your relationships.

**6 to 10 points:** Mild Codependency Tendencies: Your responses suggest some mild codependent traits. It may be helpful to reflect on your relational patterns and consider how to establish healthier boundaries.

**11 to 15 points:** Moderate Codependency Tendencies: Your responses indicate moderate codependent tendencies. It could be beneficial to seek professional support or resources to address these patterns.

**16 to 20 points:** High Codependency Tendencies: Your responses suggest significant codependent traits. Seeking professional help and guidance is recommended to work through these patterns for healthier relationships and personal growth.