## Spann-Fischer Codependency Scale

Your full name: Vasili H. Romanov
Clinician's full name: Mario C. Borracho
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Instructions: Read the following statements and select the answer (self-rating) that best describes you according to each statement.

- 1 = Strongly Disagree
- $2=$ Moderately Disagree
- 3 = Slightly Disagree
- 4 = Slightly Agree
- 5 = Moderately Agree
- 6 = Strongly Agree

|  | 1 | 2 | 3 | 4 | 5 | 6 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. It is hard for me to make decisions. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ |
| 2. It is hard for me to say "no." | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. It is hard for me to accept compliments graciously. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ |
| 4. Sometimes I almost feel bored or empty if I don't have problems to focus on. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 5. I usually do not do things for other people that they are capable of doing for themselves. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ |
| 6. When I do something nice for myself, I usually feel guilty. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7. I do not worry very much. | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8. I tell myself that things will get better when the people in my life change what they are doing. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ |
| 9. I seem to have relationships where I am always there for them, but they are rarely there for me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| 10. Sometimes I get focused on one person |
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| to the extent of neglecting other relationships |
| and responsibilities. |

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Score: 70

NOTE: Items 5 and 7 have reverse scoring. So if you select 6 as your rating, it's scored as 1 . If you select 1 , then it's scored as 6 .

Source: Fischer, J., Spann, L., Crawford, D. (1991). Measuring codependency. Alcoholism Treatment Quarterly, 8, 1, 87-100.

