Spann-Fischer Codependency Scale

Your full name:

Clinician's full name:

Date submitted:

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

10. Sometimes I get focused on one person to the extent of neglecting other relationships and responsibilities.			
11. I seem to get into relationships that are painful for me.			
12. I don't usually let others see the "real" me.			
13. When someone upsets me, I will hold it in for a long time, but once in a while, I explode.			
14. I will usually go to any lengths to avoid open conflict.			
15. I often have a sense of dread or impending doom.			
16. I often put the needs of others ahead of my own.			

Score:

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.