

Codependency Traits

Rate yourself from 1 to 10. At 10, you have the trait or behavior excessively. At 1 you hardly have the trait or behavior at all.

- _____ I have excessive pride in my self-control
- _____ Good feelings about who I am stem from being liked or needed by you
- _____ What you do affects me since I am an extension of you
- _____ I will give up my hobbies, friends and interests if it means I can be with you
- _____ I would rather share in your hobbies, friends and interests
- _____ I will change who I am to please others and get their approval
- _____ I feel responsible for meeting the needs of others even to the exclusion of my own
- _____ I often don't know who I am or how I really feel
- _____ I feel more responsible for your feelings and behaviors than my own
- _____ If I do know how I feel, I will have difficulty expressing those feelings
- _____ I make it my job to know who you are and how you feel
- _____ I don't often "know", but will assume things, and presume they are true
- _____ You should be able to read my mind and know what I want and need
- _____ I am driven by compulsions
- _____ I am driven by addictions
- _____ I am driven by fears
- _____ I live to please others and resent when people call me controlling
- _____ I try to control others with my love or my anger
- _____ I focus my attention on solving your problems and relieving your pain
- _____ If you would only do it my way, everything would be OK
- _____ My fear of your rejection or anger determines what I say or do
- _____ I put my values and principals aside to have a relationship with you
- _____ I feel anxious and emotionally upset most of the time
- _____ I am a perfectionist and place high expectations on others and myself
- _____ I have difficulty making decisions
- _____ I am steadfastly loyal, even when it is not in my best interest
- _____ I tend to judge what I say and do harshly
- _____ I do not believe that being vulnerable and asking for help is okay
- _____ I feel that being vulnerable and needing from others is weak even though I would be the first person to be there for someone else

Dan Richards PhD, LCPC ,NCC
9c Sanborn Street
Portland Maine 04103
207-712-0497
E-mail address: dan@drdanrichards.com