

# Codependency Checklist

Please check the appropriate boxes to assess potential codependent behaviors:

1.  I feel responsible for other people's emotions or problems.
2.  I often put others' needs ahead of my own, even when it negatively affects me.
3.  I have trouble saying "no" to others, even when I'm overwhelmed or don't want to.
4.  I feel guilty or anxious when I take time for myself or prioritize my own needs.
5.  I feel worthless or unimportant unless I am needed by others.
6.  I find it difficult to set or maintain healthy boundaries in relationships.
7.  I often stay in relationships (friendships, romantic, family) that are unhealthy or draining because I fear being alone or abandoned.
8.  I feel the need to "rescue" or fix other people, even when they don't ask for help.
9.  I often feel responsible for other people's happiness or well-being, even at the expense of my own.
10.  I have trouble expressing my own feelings or desires for fear of upsetting others.
11.  I regularly make excuses for someone else's behavior, even when it is harmful or inappropriate.
12.  I feel anxious or uncomfortable when I'm not in a relationship or when I am alone.
13.  I often neglect my own personal goals, hobbies, or passions in favor of helping others.
14.  I struggle to trust that others can take care of themselves without my intervention.
15.  I feel overwhelmed or resentful because I'm constantly helping others but don't receive much in return.
16.  I avoid conflict or difficult conversations in relationships to keep the peace.
17.  I frequently seek approval from others to feel good about myself or my decisions.
18.  I feel like I don't have a clear sense of who I am outside of my relationships with others.
19.  I fear rejection so much that I will tolerate mistreatment or stay in unhealthy situations.
20.  I often find myself making sacrifices for others that leave me feeling drained or unappreciated.

## Interpretation of Results

- **0-5 "Yes" Responses:** You likely have healthy boundaries and a solid sense of self.
- **6-12 "Yes" Responses:** You may have some tendencies toward codependency; consider setting stronger boundaries.
- **13-18 "Yes" Responses:** Significant codependent behaviors may be affecting your well-being. Consider seeking support.

- **19-20 "Yes" Responses:** High level of codependent behavior. Professional guidance is recommended for healing.

### **Next Steps**

Recognition is the first step toward change. Consider taking my course on Overcoming Codependency, improving your self-esteem, and developing healthy relationships!

### **Empowered Minds Mental Health Counseling**

