



CODEPENDENCY ASSESSMENT

Instructions: Read the following descriptive statements. Mark the answer that most accurately fits how you respond. Even if the situations described have not happened (for instance, your loved one does not have children to neglect), answer based upon what you realistically believe you would do if you were in a comparable situation.

(N) almost never, (R) rarely, (S) sometimes, (F) frequently, or (A) almost always.

For the most accurate results, ask one person from each major sphere of your life (i.e. home, work, social, church small group, etc...) to complete this survey on your behalf and compare results. If you are willing this is another effective way to begin to enlist those who know and love you to be part of your community of support.

Note: This assessment assumes the dominant dysfunctional relationship in your life is at home. If that is not the case, you will need to substitute work, school, church, or other social setting to make items match your circumstance.

Please remember this assessment looks at how you are interacting that allows the dysfunction to perpetuate. This is not meant to imply the dysfunction is your fault. The goal of this study is to help you learn to respond in as God-honoring and healthy way possible to an unhealthy relationship. That begins with seeing how your actions are allowing the dysfunction to fester.

A self-scoring on-line version of this evaluation can be found at: bradhambrick.com/codependency.

1. I make excuses for missed appointments, work, or classes.	N	R	S	F	A
2. I let lies to other people slide even when I know they're untrue.	N	R	S	F	A
3. I help with projects or assignments that are neglected.	N	R	S	F	A
4. I lied to children or friends about why commitments were neglected.	N	R	S	F	A
5. I avoid activities or conversation with friends so I won't expose my loved one.	N	R	S	F	A
6. I clean up vomit or fix damage to house done while intoxicated.	N	R	S	F	A
7. I pay overdue bills or help catch up on debt accruing because of addiction.	N	R	S	F	A
8. I pay the bail needed to get them out of jail.	N	R	S	F	A
9. I buy the alcohol or drugs my loved one wants so he/she won't drive.	N	R	S	F	A
10. I mediate conflict created by my loved one's addictive behavior.	N	R	S	F	A
11. I repeatedly tell my loved one they are drinking too much and beg them to stop.	N	R	S	F	A
12. I frequently use tears or yelling to compel them to stop drinking or using.	N	R	S	F	A
13. I frequently make passive-aggressive digs about drinking in conversations or arguments.	N	R	S	F	A
14. I have made lists of the negative consequences of drinking to persuade my spouse to stop.	N	R	S	F	A
15. When nothing else works, I use extended periods of punishing silence.	N	R	S	F	A
16. I have threatened to separate and take the kids if the drinking doesn't stop.	N	R	S	F	A
17. I have threatened to expose my loved to their parents, family, boss, or friends.	N	R	S	F	A
18. I talk about "what I should do" if things don't change.	N	R	S	F	A
19. I talk about what my loved one would do if he/she were in my shoes.	N	R	S	F	A
20. I threatened to tell people at church or legal authorities if things don't change.	N	R	S	F	A
21. I create false stories to explain why I'm upset, late, or have bruises.	N	R	S	F	A
22. I coach my children on what they can and can't say about what goes on at home.	N	R	S	F	A
23. I avoid subjects that could lead to discussing arguments / abuse that occurs at home.	N	R	S	F	A
24. I pretend my home is safer than it is so I can emotionally cope with life.	N	R	S	F	A
25. Mental escaping (i.e., books, movies, games, etc.) is one of my primary coping mechanisms.	N	R	S	F	A
26. My loved one wants to limit my time with my family.	N	R	S	F	A
27. My loved one wants to limit my time with my friends.	N	R	S	F	A
28. When I spend time with others I have to answer many questions about what I said/did.	N	R	S	F	A
29. My loved one degrades my friends and family so I will value their perspectives less.	N	R	S	F	A
30. I often hide my social interaction with others so I "won't get in trouble."	N	R	S	F	A
31. Your loved one responds to you as if you are wonderful or terrible, rarely in between.	N	R	S	F	A
32. Your loved one often says "I never said/did that" to things they obviously said/did.	N	R	S	F	A
33. Abusive behaviors are minimized saying "You're too sensitive."	N	R	S	F	A
34. When your loved one is offensive, you are often blamed for thinking you're perfect.	N	R	S	F	A
35. Absence of conflict friends/co-workers becomes evidence for why conflict must be your fault.	N	R	S	F	A

36. In arguments, my words are becoming sharper and more cutting.	N	R	S	F	A
37. In my hurt, I have begun to initiate conflict as means of punishing my loved one.	N	R	S	F	A
38. I have begun to hide actions or money for reasons that do not have to do with safety.	N	R	S	F	A
39. I have begun to be physically abusive in my response to my loved one.	N	R	S	F	A
40. I have begun to slander (i.e., sharing false or exaggerated stories) my loved one to others.	N	R	S	F	A
41. I often say "I don't care" when I do have a preference.	N	R	S	F	A
42. I often share what I think people want to hear instead of my true thoughts or feelings.	N	R	S	F	A
43. My personality, vocabulary, and behaviors change based upon who I am around.	N	R	S	F	A
44. I frequently compromise my values to please those who are around me.	N	R	S	F	A
45. I have a significant fear of people disapproving of what I say, think, or do.	N	R	S	F	A
46. I replay social interactions in my mind trying to make sure I did it "right."	N	R	S	F	A
47. I spend a great deal of time trying to interpret what people think of me.	N	R	S	F	A
48. When I make a decision in front of or affecting others, I second guess it a lot.	N	R	S	F	A
49. I often remember a past, awkward social interaction and feel the shame intensely.	N	R	S	F	A
50. I help with projects or assignments that are neglected.	N	R	S	F	A
51. My fear of disappointing people is a primary motivator for me.	N	R	S	F	A
52. When a job is finished I feel more relief for non-failure than sense of accomplishment.	N	R	S	F	A
53. I remember words of criticism more vividly than words of encouragement.	N	R	S	F	A
54. I rely on my accomplishments more than the gospel to quell my negative self-thoughts.	N	R	S	F	A
55. I never seem to know when I've done "enough" and can rest.	N	R	S	F	A

Key to Survey Scoring: Give yourself one point for an "S" response, two points for an "F" response, and three points for an "A" response. If your total score matches the total number of questions in a given subset, that is an area of concern. If your total score comes close to doubling the total number of questions, it is a significant concern. If your total score more than doubles the total number of questions, it should be considered a life-dominating struggle.

A self-scoring on-line version of this evaluation can be found at: bradhambrick.com/codependency.

The material for this evaluation is arranged into three categories: (1) codependent relationships involving addiction, (2) codependent relationships involving abuse, and (3) codependent relationships marked by a fear of man. These three categories are not mutually exclusive.

Category One: Codependent Relationships Involving Addiction – In this codependent pattern you are responding unhealthily to your loved one's abuse of pleasure. As your loved one gives more of his or her life to addiction, the neglected responsibilities and added crises begin to fall on those around them. The responses below are the classic unhealthy way that family and friends often respond to these added pressures.

- Questions 1-5: (Total: _____ in 5 questions)

This set of questions describes **covering up**. Often it is easier for us to take the little steps of keeping life moving "normal." In the moment, none of the actions described in these questions seem like that big of a deal. Over time, however, they remove a significant part of the social consequences that would be an alarm to the growing addiction.

- Questions 6-10: (Total: _____ in 5 questions)

This set of questions describes **rescuing and fixing**. None of us want our loved ones to suffer. When we have the ability to reduce their hardship, we feel compelled to do so. We would often feel guilty if we didn't. But the net effect of our rescuing is taking the batteries out of the fire alarm in a burning house. It only aids our loved one's ability to sleep to their own demise. We love them by letting the alarm sound.

- Questions 11-15: (Total: _____ in 5 questions)

This set of questions describes **nagging**. Once we get tired of removing consequences, social or situational, we become the voice of consequences. We feel like our over-service gives us the "right" to say whatever we want, especially because we're right. But, unfortunately, our nagging makes us a distraction from the needed change. It becomes easier to be upset with our verbal repetition than do the hard work of facing the addiction.



- Questions 16-20: (Total: _____ in 5 questions)

This set of questions describes **threatening**. After nagging our sense of being the voice of consequence becomes more intense. But threats tend to be emotion-laden and lack follow through. We further reinforce to our loved one that consequences never really happen. The intensity of conflict usually becomes a reason for more substance abuse, either to punish you for being mean or to settle their nerves from the unpleasant interaction.

“When we yell, people don’t hear us. They become defensive and flooded with emotion (p. 59).” Foote, Wilkens, Koskane and Higgs in *Beyond Addiction*

Category Two: Codependent Relationships Involving Abuse – In this codependent pattern you are responding unhealthily to your loved one’s abuse of power. Your loved one thrives on control. In order for them to have more, you must have less. The responses below are the classic unhealthy ways family and friends respond to a relationship built upon an imbalance of power.

- Questions 21-25: (Total: _____ in 5 questions)

This set of questions describes **lying and creating a false story**. When you don’t want to admit that a relationship is abusive you have to lie: to yourself and to others. Whether you say you “fell down the stairs” to explain bruises or “had a bout of insomnia” to explain blood shot eyes from a sleepless night, the frequency of the abuse begins to mean that the people who know you know the real you less and less.

- Questions 26-30: (Total: _____ in 5 questions)

This set of questions describes **constricting social sphere**. An abuser knows that in order to maintain a level of control over their loved one there have to be fewer healthy voices in their loved one’s world. This can be accomplished through isolation or discrediting family and friends who would be healthy voices. When a loved one begins to forbid or degrade healthy friendships that is a red-flag sign the relationship is destructive.

- Questions 31-35: (Total: _____ in 5 questions)

This set of questions describes **self-doubt**. An abuser also knows for them to have more voice, you must have less voice. A primary way of creating this dynamic is to instill self-doubt. The less you trust you and your judgement (in addition to being isolated from others), the more you must rely on them.

- Questions 36-40: (Total: _____ in 5 questions)

This set of questions describes **retaliation**. As social restriction and self-doubt become more pronounced, it is common to become emotionally desperate. For some, this results in severe depression; others become aggressive, retaliating for the unjust treatment. However justified this may feel, it only adds to the volatility of the relationship and provides the abusive person with “evidence” (not real justification) their actions aren’t that different from yours.

Category Three: Codependent Relationships Marked by a Fear of Man – These qualities are often more dispositional than habituated reactions to an unhealthy relationship. In moderation, they often make for a very sweet and servant-hearted disposition. As they become more pronounced, they become qualities that have a magnetic quality for relationships with power imbalances (abusive) and with individuals who have unhealthy life styles (addictions). Bringing these qualities back into a healthy range is almost always a part of the later stages of codependency recovery.

- Questions 41-45: (Total: _____ in 5 questions)

This set of questions describes **surrendering voice and opinions**. Often those who relate codependently confuse having opinions and preferences with being over-bearing; a sentence starting with “I want” or “I like” is equated with being selfish. Consequently, the preferences of family and friends gain a disproportional influence in your life. You should be able to vocalize your preferences without a sense of guilt. It doesn’t have to be 50-50, but it needs to be closer to 60-40 than 80-20.

- Questions 46-50: (Total: _____ in 5 questions)

This set of questions describes **ruminating and second guessing**. We can tell what matters most to us by where our thoughts drift when we have a moment to think. When we are living in the fear of man, we will wrestle with whether our actions have pleased people more than whether they have pleased God. We will find that we are living to keep the peace more than to be salt and light (Matthew 5:13-16).



- Questions 51-55: (Total: _____ in 5 questions)

This set of questions describes **driven over-achievement**. Sometimes the fear of man is very functional, at least for a while. We are so afraid of disappointing people that we force ourselves to be excellent at everything we do. We do this at the expense of our basic self-care (see Step One). Eventually we can't bear up under the expectations we create by "needing to be needed" and "needing to be perfect." We collapse. Initially we get mad at everyone who benefited from our driven-ness. Then we feel guilty and start achieving again. At no point in that process do we allow ourselves to enjoy relationship that is not predicated on performance.

"Perhaps the most dangerous form of the fear of man is the 'successful' fear of man. Such people think they have made it (p. 17)." Ed Welch in *When People Are Big and God Is Small*

"Being overly independent can be just as codependent as being too needy. Both behaviors are based on fear (p. 109)." Melody Beattie in *The New Codependency*