



CODEPENDENCY TEST

Codependency is a very common characteristic in the relationships of someone with substance use disorder. This test is designed to help you identify the degree to which your unhealthy codependent behavior is contributing to the problems in your relationship with someone who is experiencing a substance use disorder. In relationships involving substance use disorder, this usually leads to enabling of the affected persons drinking or drugging behavior.

- Do you tend to believe your loved ones promises, despite broken promises?
- Do you find yourself making excuses for your loved one?
- Do you give money to your loved one to pay bills they should be paying for themselves?
- Do you often feel lonely?
- Do you avoid confronting your loved one with a substance use disorder?
- Do you try to fix your loved ones problems even if they do not ask for help?
- Do you have trouble saying no to your loved one without feeling guilty?
- Do you find yourself spying on your loved one?
- Is much of your time spent helping people who need you?
- Do you need to feel needed?
- Do you feel upset or angry if your loved one tells you they don't want your help?
- Has anyone repeatedly told you to stop trying to help them?
- Do you feel responsible for your loved ones actions?
- Do you lose sleep worrying about your loved one?
- Do you ever remind your loved one that they need you?
- Do you believe you are obligated to help your loved one?
- Do you suppress your feelings about your loved ones behavior until eventually you explode with anger?
- Do you sometimes feel that your substance abuser's drug or alcohol use is your fault?
- Do you enable your loved ones substance abuse behavior?
- Do you ever feel ashamed of your loved one?
- Do you often give advice, even when it is not requested?

What did I learn about myself when answering these questions?