

QUIZ:
AM I CODEPENDENT?

HAVE YOU EVER WONDERED IF YOU ARE CODEPENDENT?

Even though you have been drawn to read about codependency, and even explore the potential of counseling as an option, you may still be questioning if this heavy term fits your experience. To gain a deeper understanding, see if any of the questions listed below sound familiar in your relationship experience. Allow yourself to be deeply honest with yourself in exploring the potential truth for you in these statements. This quiz is just for you. Please read each question carefully and answer as honestly as you can:

- 1) Do you often lie to prevent your partner's negative reactions? Y/N
- 2) Do you exaggerate the truth to elicit a reaction from your partner? Y/N
- 3) Do you feel you are nothing without a relationship? Y/N
- 4) Do you fear being alone? Y/N
- 5) Do you believe that your partner won't make it without you? Y/N
- 6) Do you base your identity off of anyone else besides your true self? (ie, partner, kids, family members, work, etc.) Y/N
- 7) Are you afraid that if someone knew the "real you," they would leave or otherwise reject you?
Y/N
- 8) Is it common for you to experience resentment or feeling drained within your relationships?
Y/N
- 9) Do you refer to yourself as a "giver" who seems to be surrounded by "takers?" Y/N
- 10) Is it common for you to feel that your relationships are one-sided; that you are always there for everyone and wonder why no one is ever there for you? Y/N
- 11) Were you responsible for things beyond what was age-appropriate growing up? Y/N
- 12) Were you raised by an alcoholic, addict of any kind, a narcissist, a borderline, or otherwise smothering or neglectful parent(s)? Y/N

13) Did you have to subvert your needs to make room for another family member who seemed to have more important or more needs than you? Y/N

If you answered "yes" to two or more of these questions, you may benefit from learning more about codependency and codependency recovery. Counseling with a codependency recovery specialist can help you discover new ways of being in relationships. You deserve more peace and joy in your life. Relationships don't have to be painful or a constant struggle. You can release these patterns and learn a new way. I look forward to the opportunity to explore a new way together!