

CODEPENDENT RELATIONSHIP TEST



Read each statement and check each box that applies to you. This checklist is not an diagnostic tool but can help you determine whether you're in a codependent relationship. Call Icarus Behavioral Health at 505.305.0902 for a professional assessment.

- I FEEL RESPONSIBLE FOR SOLVING SOMEONE ELSE'S PROBLEMS.
- I SAY "YES," EVEN WHEN I'M ALREADY OVERWHELMED.
- I HAVE INCREDIBLY HIGH STANDARDS.
- I FEEL GUILTY WHEN I PRIORITIZE MY OWN NEEDS.
- I CRAVE APPROVAL/VALIDATION FROM OTHERS.
- I NEGLECT MYSELF TO CARE FOR OTHERS.
- I HAVE LOW SELF-ESTEEM OR DOUBT MY WORTH.
- I'M AWFUL AT SETTING BOUNDARIES.
- I TRY TO FIX IT WHEN OTHERS ARE UNHAPPY OR DISSATISFIED.
- I'D RATHER STAY IN A TOXIC RELATIONSHIP THAN BE ALONE
- I TAKE ON MORE THAN I SHOULD TO PLEASE OTHERS.
- I'M ALWAYS TO MAKE THINGS GO SMOOTHER FOR MY LOVED ONES.
- I RARELY ASK FOR SUPPORT OR HELP.
- I'M AFRAID TO EXPRESS MY TRUE FEELINGS OR NEEDS
- I BASE MY SELF-WORTH ON WHAT I DO FOR OTHERS.

SCORING YOUR RESULTS

0-5 Checks: Low likelihood of codependent relationships.

6 - 10 Checks: Moderate likelihood of codependency

11-15 Checks: High likelihood of having a codependent relationship.