

Codependency Symptom Checklist

Codependency isn't "all or nothing"; it's not about the number of codependent traits that you have. Instead, the following checklist will help you gain awareness of your particular struggles. As you notice where codependency causes problems in your life, you'll be able to prioritize where to make changes.

Check all that apply to you

- Difficulty speaking up for yourself
- Have a hard time identifying your own feelings
- Not sure what you like to do for fun or relaxation
- Want things to be predictable
- Defer to what other people want or like
- Deny just how bad things have gotten in your family/relationship
- Let resentments build until you explode
- Feel unappreciated or taken advantage of
- Helping or taking care of others makes you feel good or needed
- Have trouble saying "no"
- Feel guilty when you do say "no" or set boundaries
- Rarely make time for yourself
- Are afraid people won't like you, will reject you, or won't want to be with you
- You can be controlling
- Prone to depression and/or anxiety
- You're a perfectionist
- You're very responsible
- Try to fix, change, or rescue your loved one
- Make excuses for your loved one's poor behavior or choices