

## CO-DEPENDENCY PERSONALITY TEST

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Co-dependency is a behavioural condition in close relationship where one person enables another's addictive behaviour, poor mental health, immaturity, irresponsibility, under-achievement or lack boundary. A co-dependent person is excessively reliance on the other person, within the intimate relationship. This person often seeks love, approval and a sense of identity. But this person also enable their partner to control them, and at the same time feel guilty, ashamed or responsible for their maladaptive behaviours. A co-dependent person will put others before themselves.

Please answer the questions below as honestly as possible to find your indicators.

Do you or Have you.....

1. Do you find yourself constantly worried about other people's problems or behaviour? Yes/No
2. When someone acts inappropriately toward you, do you feel guilty or embarrassed for the person? Yes/No
3. Do you find it difficult to say no when someone ask you for help? Yes/No
4. Do you remain loyal, even if someone you care is harmful, rude or mistreated to you? Yes/No
5. Do you find it hard to hold personal boundaries with others? Yes/No
6. Is other people's approval important to you? Yes/No
7. Do you often comply with other people's request, even if you disagree or disapprove? Yes/No
8. After a disagreement, do you feel like getting even and then feel guilty for thinking it ? Yes/No
9. After a disagreement, do you feel like apologising to that person, even if it is not your fault? Yes/No
10. After winning a disagreement, do you feel the need to restate your point of view? Yes/No
11. After winning a disagreement, do you feel that you need to apologise for being right? Yes/No
12. Do you feel reluctant to do things you find important because it might cause an argument? Yes/No
13. Have you ever dig out old memories into the current situation? Yes/No
14. Have you ever committed, or considered committing a crime to finance your addiction? Yes/No
15. Do you often sacrifice your own needs and wants for someone you love or cared for? Yes/No
16. Do you make excuses for someone you love or cared for? Yes/No
17. Do you find yourself justifying other people's behaviour? Yes/No
18. Do you feel affected by your partner or someone you love moods or behaviour? Yes/No
19. Does the thought of ending your relationship terrify you, despite its problems or how you feel? Yes/No
20. Is your close relationship affected you negatively? Yes/No

Number of Yeses	Number of Nos

If the majority of your answers are 'Yes', there is a strong possibility that you may have an issue with co-dependency within your relationship.

To Summarise, signs of co-dependency behavioural traits include:

- Denial of needs, wants and feelings, including addictive personality
- Low Self-Esteem
- People Pleasing
- Have difficulties trusting, insecurity
- Feeling guilty and ashamed of expressing own feeling
- Intimacy issues
- Dysfunctional boundaries
- Dysfunctional communication, cannot communicate own needs and wants
- Dysfunctional control, enabling control or allowed oneself to be controlled
- Drawn to those who have developed an addictive personality trait
- Obsessively (unconsciously) attempting to control other's behaviour
- Have boundary issues, or allowing others to over-step or violate their boundary (physically, emotionally or psychological)
- Have issues letting go of things, argument, thoughts or feelings