



Red Willow

COUNSELING & RECOVERY

Friel Co-Dependency Assessment Inventory

Below are a number of True / False statements dealing with how you feel about yourself, your life and those around you.

- _____ 1. I make enough time to do things for myself every week.
- _____ 2. I spend lots of time criticizing myself after an interaction with someone.
- _____ 3. I would not be embarrassed if people knew certain things about me.
- _____ 4. Sometimes I feel like I just waste a lot of time and don't get anywhere.
- _____ 5. I take good enough care of myself.
- _____ 6. It is usually best not to tell someone they bother you; it only causes fights and gets everyone upset.
- _____ 7. I am happy about the way my family communicated when I was growing up.
- _____ 8. Sometimes I don't know how I really feel.
- _____ 9. I am very satisfied with my intimate love life.
- _____ 10. I've been feeling tired lately.
- _____ 11. When I was growing up, my family liked to talk openly about problems.
- _____ 12. I often look happy when I am sad or angry.
- _____ 13. I am satisfied with the number and kind of relationships I have in my life.
- _____ 14. Even if I had the time and money to do it, I would feel uncomfortable taking a vacation by myself.
- _____ 15. I have enough help with everything that I must do every day.
- _____ 16. I wish that I could accomplish a lot more than I do now.
- _____ 17. My family taught me to express feelings and affection openly when I was growing up.
- _____ 18. It is hard for me to talk to someone in authority (boss, teachers, etc.).
- _____ 19. When I am in a relationship that becomes too confusing and complicated, I have no trouble getting out of it.
- _____ 20. I sometimes feel pretty confused about who I am and where I want to go with my life.
- _____ 21. I am satisfied with the way I take care of my own needs.
- _____ 22. I am not satisfied with my career.
- _____ 23. I usually handle my problems calmly and directly.
- _____ 24. I hold back my feelings much of the time because I don't want to hurt other people or have them think less of me.
- _____ 25. I don't feel like I'm "in a rut" very often.
- _____ 26. I am not satisfied with my friendships.
- _____ 27. When someone hurts my feelings or does something I don't like, I have little difficulty telling them about it.

- _____ 28. When a close friend or relative asks for my help more than I'd like, I usually say "yes" anyway.
- _____ 29. I love to face new problems and am good at finding solutions for them.
- _____ 30. I do not feel good about my childhood.
- _____ 31. I am not concerned about my health a lot.
- _____ 32. I often feel like no one really knows me.
- _____ 33. I feel calm and peaceful most of the time.
- _____ 34. I find it difficult to ask for what I want.
- _____ 35. I don't let people take advantage of me.
- _____ 36. I am dissatisfied with at least one of my close relationships.
- _____ 37. I make major decisions quite easily.
- _____ 38. I don't trust myself in new situations as much as I'd like.
- _____ 39. I am very good at knowing when to speak up and when to go along with others' wishes.
- _____ 40. I wish I had more time away from my work.
- _____ 41. I am as spontaneous as I'd like to be.
- _____ 42. Being alone is a problem for me.
- _____ 43. When someone I love is bothering me, I have no problem telling them so.
- _____ 44. I often have so many things going on at once that I'm really not doing justice to any one of them.
- _____ 45. I am very comfortable letting others into my life and letting them see the "real me".
- _____ 46. I apologize to others too much for what I say or do.
- _____ 47. I have no problem telling people when I am angry with them.
- _____ 48. There's so much to do and not enough time.
- _____ 49. I have few regrets about what I have done with my life.
- _____ 50. I tend to think of others more than I do of myself.
- _____ 51. More often than not, my life has gone the way I wanted it to.
- _____ 52. People admire me because I'm so understanding of others, even when they do something that annoys me.
- _____ 53. I am comfortable with my own sexuality.
- _____ 54. I sometimes feel embarrassed by the behavior of those close to me.
- _____ 55. The important people in my life know the "real me" and I am okay with them knowing.
- _____ 56. I do my share of work and often do a bit more.
- _____ 57. I do not feel that everything would fall apart without my efforts and attention.
- _____ 58. I do too much for other people and then later wonder why I did so.
- _____ 59. I am happy about the way my family coped with problems when I was growing up.
- _____ 60. I wish that I had more people to do things with.

Give yourself one point for the number of "False" answers to the odd-numbered questions and one point for the number of "True" answers to the even-numbered questions to get your score.

If your score is....

Below 20: You have Little Need for Concern

21 – 30: Moderate Need for Concern.

31 – 45: Moderate to Severe Need for Concern.

46 or over: Severe Need for Concern & Intervention