



Red Willow
COUNSELING & RECOVERY

Spann-Fischer Codependency Scale

Pick a number that best describes you according to the following list:

1=Strongly Disagree 2=Moderately Disagree 3=Slightly Disagree 4=Slightly Agree
5=Moderately Agree 6=Strongly Agree.

1. It is hard for me to make decisions.
2. It is hard for me to say "no."
3. It is hard for me to accept compliments graciously.
4. Sometimes I almost feel bored or empty if I don't have problems to focus on.
5. I usually *do not* do things for other people that they are capable of doing for themselves.
6. When I do something nice for myself I usually feel guilty.
7. I *do not* worry very much.
8. I tell myself that things will get better when the people in my life change what they are doing.
9. I seem to have relationships where I am always there for them but they are rarely there for me.
10. Sometimes I get focused on one person to the extent of neglecting other relationships and responsibilities.
11. I seem to get into relationships that are painful for me.
12. I don't usually let others see the "real" me.
13. When someone upsets me I will hold it in for a long time, but once in a while I explode.
14. I will usually go to any lengths to avoid open conflict.
15. I often have a sense of dread or impending doom.
16. I often put the needs of others ahead of my own.

To obtain a scale score, reverse score items 5 and 7 and sum all the items. On average, codependent people score about 60.2, while those recovering score about 37.2.

Source: <http://www.midss.org/content/spann-fischer-codependency-scale-sf-cds>