



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. As your mark True or False for each question, be sure to answer honestly, but do not spend too much time dwelling on any one question. There are no right or wrong answers. Take each question as it comes and answer as you usually feel.

- _____ 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

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