

ARE YOU A CODEPENDENT?

A questionnaire for parents, grandparents,
spouses or anyone who cares deeply for another

To answer the above question, ask yourself the following questions and answer them as honestly as you can.

1. Do you lie awake worrying about a loved one?
2. Do you feel frustrated in your attempts to control your loved one?
3. Do you approve of your loved one's lifestyle?
4. Do you argue with your loved one about his or her friends?
5. Do you find it increasingly difficult to communicate with your loved one?
6. Does your loved one's behavior have you climbing the walls?
7. Do you often ask, "Where have I failed?"
8. Do you feel it necessary to protect your loved one because he/she is unusually sensitive, etc.?
9. Are you trying to compensate for some family misfortune--divorce, death, illness, etc.?
10. Are you embarrassed to discuss your situation with your friends or relatives?
11. Do you find yourself lying or covering up for your loved one?
12. Do you feel resentful or hostile toward your loved one?
13. Do you find it increasingly difficult to trust your loved one?
14. Do you worry about your loved one's behavior affecting other members of the family?
15. Do you blame your spouse for your loved one's problems?
16. Do you blame yourself?
17. Are your loved one's problems undermining your marriage?
18. Do you find yourself playing detective, fearful of what you'll find?
19. Do you go from place to place seeking help for your loved one?
20. Is concern for your loved one giving you headaches, stomach aches or heartache?

If you have answered YES to any **three** of these questions, this is an early-warning sign.

If you have answered YES to any **four**, chances are that you could use some help.

If you have answered YES to **five** or more, you are definitely in need of help.

(Adapted from Families Anonymous Publication #6004).

Helping

My role as a helper is not to do things for the person I am trying to help, but to **be things**; not to try to control and change his actions, but through understanding and awareness, to **change my reactions**. I will change my negatives to **positives**; fear to **faith**; contempt for what he does to **respect for the potential within him**; hostility to **understanding**; and manipulation or overprotectiveness to **release with love**, not trying to make him fit a standard or image, but giving him an opportunity to pursue his own destiny, regardless of what his choice may be.

I will change my dominance to **encouragement**; panic to **serenity**; the inertia of despair to the **energy of my own personal growth**; and self-justification to **self-understanding**.

Self-pity blocks effective action. The more I indulge in it, the more I feel that the answer to my problem is a change in others and in society, not in myself. Thus I become a hopeless case.

Exhaustion is the result when I use my energy in mulling over the past with regret, or in trying to figure ways to escape a future that has yet to arrive. Projecting an image of the future and anxiously hovering over it, for fear that it will or won't come true uses all of my energy and leaves me unable to live today. Yet living today is the only way to have a life.

I will have no thought for the future actions of others, neither expecting them to be better or worse as time goes on, for in such expectations I am really trying to create. I will love and let be.

All people are always changing. If I try to judge them, I do so only on what I think I know of them, failing to realize that there is much I do not know. I will give others credit for attempts at progress and for having had many victories which are unknown.

I, too, am always changing, and I can make that change a constructive one, if I am willing. I **CAN CHANGE MYSELF**. Others, I can only love.