

EXERCISE

This Co-dependency Quiz will help you learn whether Co-dependency is affecting your life now and if so, how, and where to go next.

Directions:

For Questions 1 – 5 on the following pages, count how many times you answer “yes” (out of eight possible answers) in the bulleted list for each section, then notate it in the space provided. When you’ve finished, take those answers and circle the appropriate numbers in the “Answer Grid” provided below. Read on to see what it all means.

1. (*Record number of “yes” answers for question 1 here.*) _____

- Do you go out of your way to help others even if it means neglecting your own needs when you already may be feeling drained?
- Are you in a profession or service industry that entails taking care of others?
- Do you over-commit your time for projects or errands you are not being paid for?
- Do you notice you are the person people call with their problems and you always listen, (you may even have trouble getting off the phone with them), but no one’s there for you when you need to talk?
- Have you always felt like you want to do something to help the world?
- Do you find yourself being polite to telemarketers, salespeople and strangers when you would rather not be?
- Do you sometimes buy things you don’t really need from people, or give money to people on the street, because you feel sorry for them?
- Do you have trouble asking anyone for help?

2. (Record number of “yes” answers for question 2 here.) _____

- Do you find yourself thinking that you can't do anything right, or that bad things always happen to you?
- Are you prone to accidents, injuries, illnesses or suffer from frequent colds, flu's or allergies?
- Do you take prescription medication or miss work for injuries, headaches, stomachaches or backaches?
- Do you tend to call or lean on others to help you with your problems?
- Have you been a victim of robbery, rape, rip-offs, ugly break-ups, or physical or sexual abuse?
- Do you whine, complain, cry uncontrollably, feel depressed or suffer from fears, phobias, or obsessive/compulsive thoughts?
- Do you find yourself the brunt of people's jokes or ridicule; feel that the world is against you; or have a boss or manager who singles you out when you didn't do anything wrong?
- Do you cling to relationships, or have trouble being alone?

3. (Record number of “yes” answers for question 3 here.) _____

- Do you have difficulty setting limits and keeping personal boundaries?
- Do you get angry at yourself, judge yourself and find faults with yourself, while finding it difficult to get angry at others?
- Have you been in physically or emotionally abusive relationships or family situations?
- Do you like to have someone else around in order to feel safe?
- Do people that you consider your friends turn on you?
- Do you know how to ask for what you need, and do you?
- Do people often express rage toward you or “dump” on you?
- Have you been bullied as a kid or an adult?

4. (Record number of “yes” answers for question 4 here.) _____

- Do you act like a bully until you get your way and hate losing at games and sports?
- Do you often find yourself yelling at family, friends, or even strangers?
- Do people tell you that you’re awfully critical of people and things?
- Do you have a short temper or sometimes notice people are scared of you?
- Do you get angry at inappropriate times despite the surroundings?
- Do you act destructively toward people or property?
- Do you display road rage?
- Do you often lose your temper and spank your children or take things out on them verbally?

5. (Record number of “yes” answers for question 5 here.) _____

- Do you have an easy time saying “No!”?
- Do you set limits with your time and money?
- Do you decline sex when you don’t want to have it?
- Do you stand up to people who try to push you and others around?
- Do you turn off your phone and let it go to voice mail when you’re busy doing things?
- Are you willing to speak truthfully to people about something that’s bothering you even if you know it will be unpleasant to confront them and might hurt their feelings or make them mad?
- Do you feel empowered and in charge of your life most of the time?
- Can you get appropriately angry in situations that warrant it?

ANSWER GRID

Put a circle around the number of “yes” answers you had recorded for each question.

Q 1:	0	1	2	3	4	5	6	7	8
Q 2:	0	1	2	3	4	5	6	7	8
Q 3:	0	1	2	3	4	5	6	7	8
Q 4:	0	1	2	3	4	5	6	7	8
Q 5:	0	1	2	3	4	5	6	7	8

QUICK-SCORING OVERVIEW

See Your Tendency To Co-Dependency

0 – 3 “yes” answers to Questions 1-3 means:

- *You might be FREE of Co-dependency.* Congratulations.
- The less “yeses” the better.
- If it is accompanied by 4 or more “yes” answers to Question 5 *and* only 1 or 2 “yeses” to Question 4:
You have *probably conquered Co-dependency* in most of your relationships. Great!

4 or more “yes” answers to Questions 1-3 indicates:

- *Classic Co-dependency.*
- The more “yeses,” the more entangled your relationships may be.
- Combined with less than 3 “yeses” to Question 5:
It would be a good idea to develop healthy boundaries before getting into another relationship.

THE “KEY” TO THE CHARACTERS

🔑 Question 1: concerns **The Rescuer/Caretaker/Pleaser**

6 or more “yes” answers to Question 1 shows:

You have the possibility of a *Rescuer-dominant personality*.

🔑 Question 2: concerns **The Victim**

6 or more “yes” answers to Question 2 shows:

You have the possibility of a *Victim-dominant personality*.

🔑 Question 3: indicates the possibility of inviting in the presence of an **External Persecutor**

6 or more “yes” answers to Question 3 (especially combined with only 1 or 2 “yeses” in Question 5) shows:

You might want to *stay clear of relationships* until you have learned to develop your Inner Warrior/Protector.

🔑 Question 4: concerns **The Persecutor**

4 or more “yes” answers to Question 4 shows:

You have the possibility of a *Persecutor-dominant personality*.

🔑 Question 5: concerns **The Protector**

6 or more “yes” answers to Question 5 shows:

There is a good chance that you have a *well-developed Warrior/Protector* and know how to display good personal boundaries. Excellent!

NOTE: However, combined with 4 or more “yes” answers to Question 4, you may be *overly self-protective* and still be displaying *some traits of The Persecutor*.)

Where do you go from here?

- If the answers you gave to the above questions suggest you may be engaging in Co-dependency from the perspective of one or more of the three Characters, it could be helpful to re-read these last two chapters paying special attention to advice regarding those characters. As a shortcut, you could try just reviewing the sections on: **Examining the Co-dependency Cycle Inside a Person** and **Breaking the Cycle**.
- If you decide to seek out a therapist for help, I would advise you look for a Certified Alchemical Hypnotherapist who would be specifically equipped to deal with this issue in the way I've outlined it here. As a resource in finding one, you could refer to the Website, www.AlchemyInstitute.com
- (Optional) For fun, you can do this exercise imagining you were different ages in your life and see how you've changed through the years. For instance, thinking back ten years ago or twenty years ago, how would you have answered these questions?
- In my case, the answers right now in my life are 2-2-2-2-8. If I thought back thirty years they would be 6-6-8-2-0. They say you teach what you most need to learn. Now you know why I'm in this occupation!
- (Advanced) If you were not happy with your results at this time, keep studying these chapters until you can put the principles into practice in your life. Then take this quiz again six months from now and see how the results differ.