

Educate, Advocate and Serve

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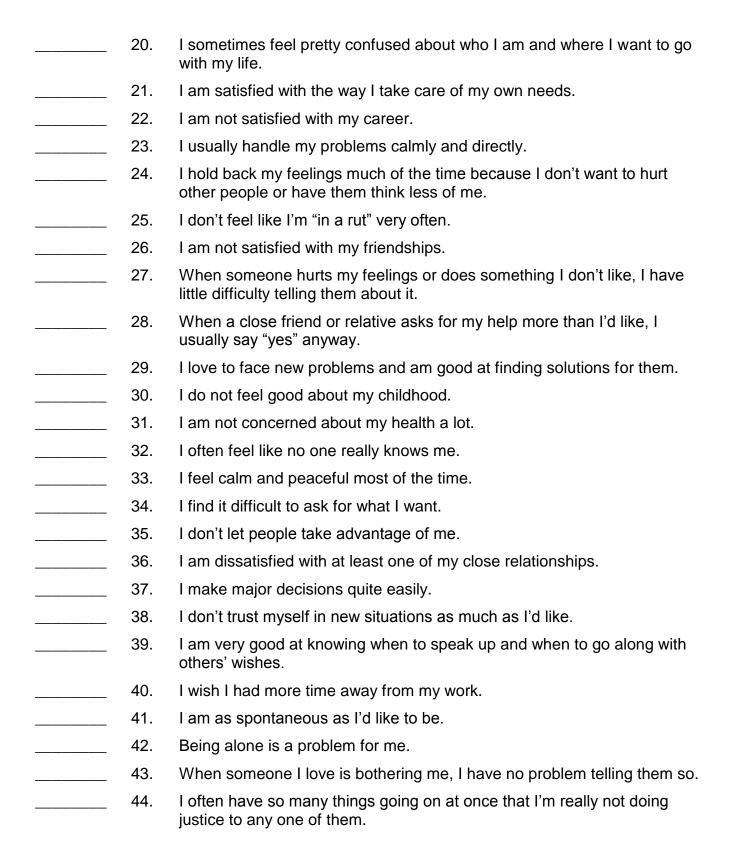


Friel Co-Dependency Assessment Inventory

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.

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 with 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,



 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