Co-Dependency Evaluation

We are wise to live our relationships out in the open, under the scrutiny of other caring people, so that we can avoid dangerous liaisons. But it's also a good idea to honestly evaluate our most intimate relationships with a quiz like this one occasionally.

I am evaluating my relationship with: _____

_____ I frequently feel jealous or possessive in this relationship.

_____ I desire exclusivity in this relationship and see other people as threats to the relationship.

_____ I'd rather spend time alone with this individual and I become frustrated when this doesn't happen or when other people intrude.

_____ I become angry or depressed when the other person withdraws even slightly.

_____ I have lost interest in other relationships and prefer this one.

_____ I have had sexual or romantic feelings or fantasies about this person.

_____ I spend a lot of time focusing on this person's problems, interests, or plans.

_____ I prefer not to make plans without consulting or involving this other person.

_____ I think about this person almost constantly.

_____ I get very disappointed when I realize this person has not considered my needs in any given situation. I expect this person to consider me at all times.

_____ I do not easily see this person's faults.

_____ I have made other people uneasy with my familiar and intimate treatment of this person.

_____ I talk about this person often.

_____ I even "speak for" this person at times.

_____ I am physically affectionate with this person beyond what is generally considered appropriate for this type of relationship.

_____ I've been defensive about this relationship when others have asked or commented about it.

_____ I dislike being away from this person for any length of time.

_____ I have secrets with this person.

_____ My conversations with this person often revolve around our feelings for each other.*

* This evaluation is based loosely on a list provided by Lori Thorkelson Rentzel in *Emotional Dependency*.