

Spann-Fischer Codependency Scale

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Read the following statements and circle the number in the spaces provided that best describes you according to the following list:

1 = Strongly Disagree; 2 = Moderately Disagree; 3 = Slightly Disagree; 4 = Slightly Agree; 5 = Moderately Agree; 6 = Strongly Agree

| | | | | | | |
|--|---|---|---|---|---|---|
| 1. It is hard for me to make decisions | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. It is hard for me to say "no" | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. It is hard for me to accept compliments graciously | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Sometimes I almost feel bored or empty if I don't have problems to focus on | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I usually <i>do not</i> do things for other people that they are capable of doing for themselves | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. When I do something nice for myself I usually feel guilty | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I <i>do not</i> worry very much | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I tell myself that things will get better when the people in my life change what they are doing | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I seem to have relationships where I am always there for them but they are rarely there for me | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Sometimes I get focused on one person to the extent of neglecting other relationships and responsibilities | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I seem to get into relationships that are painful for me | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. I don't usually let others see the "real" me | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. When someone upsets me I will hold it in for a long time, but once in a while I explode | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I will usually go to any lengths to avoid open conflict | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I often have a sense of dread or impending doom | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I often put the needs of others ahead of my own | 1 | 2 | 3 | 4 | 5 | 6 |

To Learn more about codependency, call me for a free phone consultation at (415) 215-4796 or visit my web site at www.drmelindadouglass.com.