

HOW TO HEAL FROM CODEPENDENCE

QUESTIONNAIRE

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In this workbook you will learn:

- 1 What are Adverse Childhood Experiences
- 2 The two codependent personalities
- 3 The difference between the wounded and adapted wounded child
- 4 The difference between the disempowered and falsely empowered codependent
- 5 The 5 core areas of codependence
- 6 The characteristics of a healthy adult

In the following list of questions, answer yes or no. Remember to go with your first reaction, don't overthink it. The questions will bring awareness to how you developed codependence and the steps necessary to heal.

☐ Yes ☐ No 1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

☐ Yes ☐ No 2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?

☐ Yes ☐ No 3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?

☐ Yes ☐ No 4. Did you often or very often feel that... No one in your family loved you or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?

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- ☐ Yes ☐ No 5. Did you often or very often feel that... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
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- ☐ Yes ☐ No 6. Were your parents ever separated or divorced or was one parent periodically absent or always absent?
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- ☐ Yes ☐ No 7. Was your mother, stepmother, father or stepfather often or very often pushed, grabbed, slapped, or had something thrown at them? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
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- ☐ Yes ☐ No 8. Did you live with anyone who was a problem drinker or alcoholic, or who used marijuana or other street drugs or prescription drugs?
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- ☐ Yes ☐ No 9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
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- ☐ Yes ☐ No 10. Did a household member go to prison or have problems with the law?
-
- ☐ Yes ☐ No 11. Do you often feel frightened?
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- ☐ Yes ☐ No 12. Do you often feel helpless?
-
- ☐ Yes ☐ No 13. Do you often feel blank?
-
- ☐ Yes ☐ No 14. Do you often feel empty and/or alone?
-
- ☐ Yes ☐ No 15. When under stress, do you go blank?
-
- ☐ Yes ☐ No 16. When under stress does it feel like things are spinning?
-
- ☐ Yes ☐ No 17. When under stress do you often feel overwhelmed?
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- ☐ Yes ☐ No 18. When under stress do you feel flooded, or like you aren't even present?
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- ☐ Yes ☐ No 19. When under stress do you often feel bad about yourself?
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- ☐ Yes ☐ No 20. When under stress do you often feel chaotic or exposed?
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- ☐ Yes ☐ No 21. When under stress do you get very needy or dependent?
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- ☐ Yes ☐ No 22. When under stress or to avoid stress do you fantasize to escape?
-
- ☐ Yes ☐ No 23. Are you quite often fearful of the unknown or anything new?
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- ☐ Yes ☐ No 24. Do you judge what you think, say, or do harshly, as never good enough?
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- ☐ Yes ☐ No 25. Are you embarrassed to receive recognition, praise, or gifts?
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- ☐ Yes ☐ No 26. Do you value others' approval of your thinking, feelings, and behavior over your own?
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- ☐ Yes ☐ No 27. Do you perceive yourself as not lovable or worthwhile?
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- ☐ Yes ☐ No 28. Do you look to others to provide your sense of safety?
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- ☐ Yes ☐ No 29. Are you a people pleaser?
-
- ☐ Yes ☐ No 30. Is your self talk mostly negative and shaming?
-
- ☐ Yes ☐ No 31. Do you see most other people as better than you?
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- ☐ Yes ☐ No 32. Are you hard on yourself when you make a mistake?
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- ☐ Yes ☐ No 33. Do you have trouble setting healthy priorities and boundaries?
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- ☐ Yes ☐ No 34. Do you commonly fear rejection or abandonment?
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- ☐ Yes ☐ No 35. Do you have a hard time being alone?
-
- ☐ Yes ☐ No 36. Do you often feel powerless or helpless?
-
- ☐ Yes ☐ No 37. Do you apologize often?
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- ☐ Yes ☐ No 38. Are you extremely loyal, remaining in harmful situations too long?
-
- ☐ Yes ☐ No 39. Do you have a hard time saying no?
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- ☐ Yes ☐ No 40. Do you compromise your own values and integrity to avoid rejection or anger?
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- ☐ Yes ☐ No 41. Do you enter or stay in relationships because you can't say no?
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- ☐ Yes ☐ No 42. Are you always concerned about the feelings of others and take on their feelings?
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- ☐ Yes ☐ No 43. Are you afraid to express your beliefs, opinions, and feelings when they differ from those of others?
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- ☐ Yes ☐ No 44. Do you give advice and direction without being asked?
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- ☐ Yes ☐ No 45. Do you get resentful when others decline your help or reject your advice?
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- ☐ Yes ☐ No 46. Do you believe people are incapable of taking care of themselves?
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- ☐ Yes ☐ No 47. Do you feel setting boundaries or advocating for yourself is being mean, selfish, harsh or unkind?
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- ☐ Yes ☐ No 48. Do you perceive yourself as completely unselfish and dedicated to the well-being of others?
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- ☐ Yes ☐ No 49. Do you express frustration or anger in indirect or passive ways?
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- ☐ Yes ☐ No 50. Do you give up your truth to gain the approval of others or to avoid change?
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- ☐ Yes ☐ No 51. Do you pursue sexual attention when you want love?
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- ☐ Yes ☐ No 52. Do you commonly not recognize the unavailability of those people to whom you are attracted?
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- ☐ Yes ☐ No 53. Do you believe that if a partner loved you, they should be there for you at all times?
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- ☐ Yes ☐ No 54. Were you the scapegoat for a parent or feel like you are the black sheep of the family?
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- ☐ Yes ☐ No 55. Do you act in ways that invite others to reject, shame, or express anger toward you?
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- ☐ Yes ☐ No 56. Do you put aside your own interests in order to do what others want?
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- ☐ Yes ☐ No 57. Do you demand that your needs be met by others?
-
- ☐ Yes ☐ No 58. Do you expect others to know what you need and want without you having to ask or tell them?
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- ☐ Yes ☐ No 59. Do you spend most of your time trying to figure out what the other person is thinking or feeling?
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- ☐ Yes ☐ No 60. Have you been sick or hurt often and have those injuries or illnesses mostly arrived while in a relationship?
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- ☐ Yes ☐ No 61. Do you have difficulty making decisions?
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- ☐ Yes ☐ No 62. Do you make decisions without regard to the consequences?
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☐ Yes ☐ No 63. Do you have difficulty getting started, meeting deadlines, or completing projects? Procrastination?

☐ Yes ☐ No 64. Do you have any active addictions? Work, working out, tv, alcohol, pot, drugs, sex, porn, food (more than 15 pounds overweight) pills, people.....?

☐ Yes ☐ No 65. Do you feel you don't need anyone?

☐ Yes ☐ No 66. Do you seek or require recognition and praise often?

☐ Yes ☐ No 67. Do you believe success is determined by what you do or have accomplished?

☐ Yes ☐ No 68. Do you have difficulty admitting a mistake?

☐ Yes ☐ No 69. Do you need to appear to be right in the eyes of others and may even lie to look good?

☐ Yes ☐ No 70. Are you unable to identify or ask for what you need and want?

☐ Yes ☐ No 71. Do you have trouble setting healthy priorities and boundaries?

☐ Yes ☐ No 72. Do you tend to see others as below you?

☐ Yes ☐ No 73. Do people say that you are arrogant or mostly consumed with yourself?

☐ Yes ☐ No 74. Do you compromise your own values and integrity to avoid rejection or anger?

☐ Yes ☐ No 75. Do you regularly avoid sharing personal information or details even with people you are close to?

☐ Yes ☐ No 76. Do you lavish gifts and favors on those you want to influence?

☐ Yes ☐ No 77. Do you say no to others requests as retribution?

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- ☐ Yes ☐ No 78. Do you use sexual attention to gain approval or acceptance?
-
- ☐ Yes ☐ No 79. Do you use charm and charisma to convince others that you are caring and compassionate?
-
- ☐ Yes ☐ No 80. Do you find yourself blaming others often?
-
- ☐ Yes ☐ No 81. Do you judge harshly what others think, say, or do?
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- ☐ Yes ☐ No 82. Do you refuse to compromise, or negotiate?
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- ☐ Yes ☐ No 83. Do you adopt an attitude of indifference, helplessness, authority, or rage while in an argument?
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- ☐ Yes ☐ No 84. Do you pretend to agree with others to end the discussion?
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- ☐ Yes ☐ No 85. Do you avoid disagreement and negotiation?
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- ☐ Yes ☐ No 86. Do attempt to convince others what to think, do, or feel and need to win or be right?
-
- ☐ Yes ☐ No 87. Do you have to feel needed in order to have a relationship with others?
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- ☐ Yes ☐ No 88. Do you withhold compliments or appreciation?
-
- ☐ Yes ☐ No 89. Do you have difficulty identifying what you are feeling or have no feelings at all?
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- ☐ Yes ☐ No 90. When relationships end, are you done and can move on easily?
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- ☐ Yes ☐ No 91. Do you minimize, alter, or deny how you truly feel?
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- ☐ Yes ☐ No 92. Have people said you lack empathy for the feelings and needs of others?
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- ☐ Yes ☐ No 93. Do you label others with their negative traits?
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- ☐ Yes ☐ No 94. Are you sarcastic?
-
- ☐ Yes ☐ No 95. Do you give up your truth to gain the approval of others or to avoid change?
-
- ☐ Yes ☐ No 96. Do you use indirect or evasive communication to avoid conflict or confrontation or being known?
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- ☐ Yes ☐ No 97. Do you withhold details while in a conversation?
-
- ☐ Yes ☐ No 98. Do you believe displays of emotion are a sign of weakness?
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- ☐ Yes ☐ No 99. Do you see yourself as a successful well adjusted mature adult?
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- ☐ Yes ☐ No 100. Do you refuse to see yourself as a victim or ever being victimized?
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- ☐ Yes ☐ No 101. Were you spoiled or did you feel like you were a parents favorite?
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- ☐ Yes ☐ No 102. Do you suppress your feelings?
-
- ☐ Yes ☐ No 103. Do you rarely ask for your needs or ask for help?
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- ☐ Yes ☐ No 104. Do you avoid being vulnerable? Keeping most of your deeper thoughts to yourself?
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- ☐ Yes ☐ No 105. Do you avoid emotional, physical, or sexual intimacy as a way to maintain distance?
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- ☐ Yes ☐ No 106. Do you believe you can take care of yourself without any help from others?
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- ☐ Yes ☐ No 107. When in pain, is it common for you to get angry, humorous or to isolate?
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- ☐ Yes ☐ No 108. Do you regularly pull people toward you, but when they get close, you push them away?
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- ☐ Yes ☐ No 109. Do you need to stay busy or be doing something all of the time?
-
- ☐ Yes ☐ No 110. Have you been sick or hurt often and have those injuries or illnesses mostly arrived while in a relationship?
-
- ☐ Yes ☐ No 111. Do you tend to see things as black and white?
-
- ☐ Yes ☐ No 112. Would you say you are a perfectionist?
-
- ☐ Yes ☐ No 113. Do others often say that you are controlling?
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- ☐ Yes ☐ No 114. Are you obsessive about certain pursuits?
-
- ☐ Yes ☐ No 115. Is it difficult for you to admit you need help?
-
- ☐ Yes ☐ No 116. Do you feel weak, wimpy or bad for even being here and answering these questions?
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WHAT YOUR RESPONSES MEAN?

- **1-10** Adverse Childhood Experience
- **11-23** Wounded Child Pre-verbal
- **24-37** Distempered Low Self-esteem
- **38-46** Disempowered Lack of Healthy Boundaries
- **47-53** Disempowered, not in Touch with Reality
- **54-59** Disempowered Lack Self-care
- **60-63** Disempowered Lack Maturity and Moderation
- **64- 72** Falsely Empowered Low Self-esteem
- **73- 87** Falsely Empowered Lack Healthy Boundaries
- **88-100** Falsely Empowered not in Touch with Reality
- **101-109** Falsely Empowered Lack of Self-care
- **110-116** Falsely Empowered Lack Maturity and Moderation

As you can see, the questions you responded “yes” to give you an indication of the childhood trauma you experienced and how that trauma created perfect imperfections and codependence. I will explain in more detail each section so you can complete your understanding.

ADVERSE CHILDHOOD EXPERIENCES

The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the most extensive investigations of childhood abuse and neglect and household challenges, and later-life health and well-being.

The original ACE Study was conducted at Kaiser Permanente from 1995 to 1997. Over 17,000 Health Maintenance Organization members from Southern California completed confidential surveys regarding their childhood experiences and current health status and behaviors. The results showed that nearly 70% of all adults had experienced at least one "Ace." In subsequent surveys, the outcomes have consistently arrived at the same conclusion. Of those that had one ACE, 88% of that category had two or more. The number of ACEs was strongly associated with adulthood high-risk health behaviors such as smoking, alcohol and drug abuse, promiscuity, severe obesity, and ill-health, including depression, heart disease, cancer, chronic lung disease, and earlier death. Compared to an ACE score of zero, having four adverse childhood experiences was associated with a seven-fold (700%) increase in alcoholism, a doubling of the risk of being diagnosed with cancer, and a four-fold increase in emphysema; an ACE score above six saw a 30-fold (3000%) increase in attempted suicide.

The ACE study's results suggest that abuse and household dysfunction in childhood contribute to health problems decades later. These include chronic diseases—such as heart disease, cancer, stroke, and diabetes—that are the most common causes of death and disability in the United States. According to the World Health Organization. These findings reflect similar trends throughout the world.

In short, much of our adult life struggles and health problems directly correlate to the perfectly imperfect mistreatment, abuse, and dysfunctional homes we were raised. Accepting this fact and the willingness to address these unresolved hurts are paramount in our Journey to recovery. We can not skip this step as an individual or society.

WOUNDED CHILD-PRE-VERBAL

If you answered yes in this section, it means that you most likely experienced trauma between the age of 0-5. A child at that age is not fully developed cognitively and therefore can not process or form words. They become flooded with feelings and shut down. As a result, you may not remember any specific trauma or abuse. Still, it does indicate that at least during that time, you were left with a direct or indirect message and feeling that you had no worth, were abandoned, neglected, and experienced abuse.

THE TWO CODEPENDENT PERSONALITIES

If you answered yes to any of the remaining questions, it shows how your mistreatment and childhood abuse manifested into one of the two codependent personalities.

Because codependence is a spectrum, many people will have aspects of both. It is also a result of when they experienced abusive parenting. If the abuse happened between birth and five years of age, the child would be in the wounded child state. This state will mirror the characteristics of the disempowered parent. The parent feels bad, inadequate, shame, self-loathing, worthless, vulnerable, helpless, powerless, needy, dependent, chaotic, less than, one down, boundary less, out of control, overwhelmed, flooded, dissociative, and they pass those feelings to the child. It also explains why you have no words, go blank or numb since a child at that stage is still developing language and processing skills.

Suppose the abuse happened between 6 and 17. In that case, the child will become the adapted wounded child who usually mirrors the falsely empowered parent who was grandiose, arrogant, rigid, perfectionistic, obsessive, stubborn, detached, avoidant, or controlling.

In addition, the wounded child many times will morph into the adapted wounded child because they have now gained logic and reason and figured out how to develop a disempowered or falsely empowered personality that can fit into the family system.

Answering yes to these questions confirms what science has already discovered. That 95% of our adult lives, we are all living and replaying the 70% of negative, hurtful, and self-sabotaging messaging that our perfectly imperfect parents placed into our subconscious. That means that no matter what age we are and no matter how much we think we are acting as an adult, 95% of the time, we are stuck in our childhood and making decisions out of that subconscious programming which was hurtful and abusive.

These can be shocking truths to admit to ourselves. Exposing these truths is not intended to blame our parents. The goal is for each individual and society to accept that our childhoods are perfectly imperfect, and those imperfections affect us significantly.

The solution is to gain Emotional Mastery and commit to embark on the Journey of Healing. That is why I Created The Greatness Movement. I want to give people the knowledge, skills, and tools to heal the pain from their past so that they can live in the greatest version of themselves.

There are 5 core codependent characteristics:

- Self-love
- Boundaries
- Reality
- Self Care
- Maturity and moderation.

This next section will show how the disempowered and falsely empowered are perfectly imperfect in these areas.

DISEMPOWERED- LACK OF OR LOW SELF LOVE

Self-worth is determined by others, thoughts, feelings, or actions. Often feel self-detesting, one-down, worthless, and empty. “Give” themselves away and are people pleasers. Develop “other esteem,” believing their value comes from taking care of others to hide a deep sense of shame and lack of inherent worth.

DISEMPOWERED-LACK OF APPROPRIATE BOUNDARIES

The disempowered codependent is too dependent, unrealistically expects care at all times, can't say no, and "gives" themselves and their power away. They make others responsible for their well-being or try to be responsible for and rescuers of others. They see boundaries as mean, selfish, unkind and that they are bad if they set them.

DISEMPOWERED- OUT OF TOUCH WITH REALITY

Both the disempowered and falsely empowered are out of reality about their dysfunction. The disempowered can't see it. They are unconscious of the truth that they are deceiving themselves about who they are.

Disempowered can't contain their truth and overshare it. Don't make direct requests. They are passive-aggressive, expect others to read their mind, and play the martyr. They will allow others to dictate how they think, act and believe or tell others how to think, act and believe. They have a dysfunctional view of closeness and togetherness.

Expect care at all times. They are willing to get help but are out of the reality that their caretaking and niceness are manipulative, covert, disempowered attempts to control and are not nice.

DISEMPOWERED- LACKING IN SELF CARE

Neither the disempowered nor the falsely empowered are effective at meeting their needs and wants.

The disempowered is too needy, will feel guilt and shame or bad if they care for themselves. Or the disempowered will avoid self-care by taking care of others first. Both the disempowered and falsely empowered get sick and hurt to control the other.

DISEMPOWERED- IMMATURE AND INABILITY TO BE MODERATE

Disempowered are chaotic, immature, and out of control. Disempowered codependents procrastinate, refuse to delay gratification, and rebel. They can at times be obstinate and stubborn and act impulsively without thinking. Addiction is quite common.

FALSELY EMPOWERED- LACK OF OR LOW SELF-ESTEEM

The falsely empowered codependent sees themselves as better than others. They can be arrogant, grandiose, or caught in the delusion of perfectionism and the delusion that they are flawlessly good. They develop "other esteem," believing their value comes from admiration from others and adulation derived from achievement. Achievement and the presentation of being confident is a smokescreen to hide their deep shame and lack of inherent worth.

FALSELY EMPOWERED LACK OF APPROPRIATE BOUNDARIES

The falsely empowered are anti-dependent, invulnerable, never asking for help or admitting they need help. The falsely empowered say no as power or to seek retribution. Their conscious and unconscious goal is power and control to keep themselves safe. They can be judgmental, critical, defensive, dismissive, and withhold information. Falsely empowered are walled-in and walled off and avoid intimacy, being known.

FALSELY EMPOWERED NOT IN TOUCH WITH REALITY

Both the disempowered and falsely empowered are out of reality about their dysfunction. They can't see it. They are unconscious and deceiving themselves about the truth of who they are. Falsely empowered don't know or don't share their truth. They guard against letting others know them but, even worse, defend against knowing themselves. Their deep shame core gets covered over with false arrogance and a false belief in their competency. They leave out details, avoid discussion or argument. Stay busy to avoid reality and connection. The walled-in, better than, anti-dependent will resist recovery, rarely get professional help and don't think they need it.

FALSELY EMPOWERED LACK OF SELF CARE

Neither the disempowered nor the falsely empowered are effective at meeting their needs and wants. The falsely empowered are needless and want less, won't ask for and don't believe they need help. The falsely empowered don't want to appear weak. They avoid interdependence. They are disinterested, forgetful, dismissive, or even become angry at having to care for others. Both the disempowered and falsely empowered get sick and hurt to control the other.

FALSELY EMPOWERED LACK MATURITY AND MODERATION

Falsely empowered are overly mature, rigid, perfectionistic, obsessive, stubborn, and controlling. Addiction is quite common.

THE 5 CHARACTERISTICS OF A FUNCTIONAL ADULT

1 Self Love

The mature and moderate adult feels they have a sense of inherent worth and embrace that they are perfectly imperfect. They esteem from within and approve of their own thoughts, feelings and actions.

2 Boundaries

The mature and moderate adult doesn't have walls for boundaries or no boundaries at all they are somewhere in between. They are not invulnerable or too vulnerable. They are moderate in their speech and behavior. Can say no appropriately and have the ability to be intimate with themselves and others.

3 Reality

The mature and moderate adult can express their personal truth moderately without manipulation and without fear of judgement or abandonment or blaming the other. They take responsibility for their view of the world. They can hear another's truth or criticism without defensiveness, or taking on responsibility for that person's truth. They don't deny the truth.

4 Self Care

The mature and moderate adult is responsible for their self care and are realistically inter-dependent. They own accept, share and get help for their perfect imperfections. They seek personal growth and development.

5 Maturity and Moderation

The mature and moderate adult is balanced in their thoughts feelings and actions. They are contained but not stifled. They can experience spontaneity without shame or fear. They never take the role of victim and blame others. They take full responsibility for all outcomes in their life. No active addictions are present.