

Neurodiverse Coaching: CO-DEPENDENCY SELF-REFLECTION QUIZ

This self-reflection tool is designed to help you explore potential patterns of co-dependency in your relationships. Co-dependency refers to situations where individuals feel overly responsible for others' feelings and actions, which may affect the balance in relationships. For neurodivergent individuals, these patterns can sometimes look different or manifest in ways that relate to sensory sensitivities, communication styles, and emotional regulation.

Instructions:

Review the following statements, and reflect on how they align with your typical feelings, behaviours, and experiences in relationships. Answer with "True" or "False" for each statement. There are no right or wrong responses—just be as honest as possible based on how you usually feel.

Statement	True	False
1 I often feel like I'm responsible for how others feel or behave.	<input type="checkbox"/>	<input type="checkbox"/>
2 I sometimes struggle to identify or express my own emotions clearly.	<input type="checkbox"/>	<input type="checkbox"/>
3 I am generally happy with my relationships, even if they're challenging at times.	<input type="checkbox"/>	<input type="checkbox"/>
4 I tend to mask or hide my upset feelings, even when I'm struggling internally.	<input type="checkbox"/>	<input type="checkbox"/>
5 I'm content with the number and kind of relationships I maintain.	<input type="checkbox"/>	<input type="checkbox"/>
6 I would feel uneasy about taking a vacation alone, even if I had the resources.	<input type="checkbox"/>	<input type="checkbox"/>
7 I find it difficult to stay calm and address challenges in a direct way.	<input type="checkbox"/>	<input type="checkbox"/>
8 I often feel like I could achieve more than I currently do.	<input type="checkbox"/>	<input type="checkbox"/>
9 When a relationship feels too intense or overwhelming, I find it difficult to step away.	<input type="checkbox"/>	<input type="checkbox"/>
10 I frequently agree to help others, even when it's not convenient for me.	<input type="checkbox"/>	<input type="checkbox"/>
11 I feel at peace with my overall health most days.	<input type="checkbox"/>	<input type="checkbox"/>
12 I feel unfulfilled in my closest relationship, even if it seems okay to others.	<input type="checkbox"/>	<input type="checkbox"/>
13 I have no trouble expressing anger when it arises in my relationships.	<input type="checkbox"/>	<input type="checkbox"/>
14 Spending time alone is challenging for me, and I struggle to enjoy it.	<input type="checkbox"/>	<input type="checkbox"/>
15 I have no issue with stepping back from situations when they don't require my involvement.	<input type="checkbox"/>	<input type="checkbox"/>
16 I often regret the choices I've made in my life so far.	<input type="checkbox"/>	<input type="checkbox"/>
17 Growing up, my family often talked about challenges in a straightforward way.	<input type="checkbox"/>	<input type="checkbox"/>
18 Sometimes, I wonder why I put so much effort into helping others but not myself.	<input type="checkbox"/>	<input type="checkbox"/>
19 I make sure to reserve regular time for activities I enjoy, without interruptions.	<input type="checkbox"/>	<input type="checkbox"/>
20 I find it tough to make decisions, especially when they might affect others.	<input type="checkbox"/>	<input type="checkbox"/>

Scoring:

- Give yourself 1 point for every "False" response to the odd-numbered questions.
- Give yourself 1 point for every "True" response to the even-numbered questions.

The higher your total score out of 20, the more likely it is that you may exhibit codependent behaviours in your relationships. Consider using this insight to reflect on areas where you could establish healthier boundaries and balance in your interactions with others.