

Circle or check the word that most applies to how you truly feel.

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|--|-------|--------|--------------|-------|---------|
| 1) Do you seek approval and affirmation? | Never | Seldom | Occasionally | Often | Usually |
| 2) Do you fail to recognize your accomplishments? | Never | Seldom | Occasionally | Often | Usually |
| 3) Do you fear criticism? | Never | Seldom | Occasionally | Often | Usually |
| 4) Do you overextend yourself? | Never | Seldom | Occasionally | Often | Usually |
| 5) Have you had problems with your own compulsive behavior? | Never | Seldom | Occasionally | Often | Usually |
| 6) Do you have a need for perfection? | Never | Seldom | Occasionally | Often | Usually |
| 7) Are you uneasy when your life is going smoothly?
Do you continually anticipate problems? | Never | Seldom | Occasionally | Often | Usually |
| 8) Do you feel more alive in the midst of a crisis? | Never | Seldom | Occasionally | Often | Usually |
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| 22) Do you frequently feel numb, empty, or sad? | Never | Seldom | Occasionally | Often | Usually |
| 23) Is it hard for you to trust others? | Never | Seldom | Occasionally | Often | Usually |
| 24) Do you have an over-developed sense of responsibility? | Never | Seldom | Occasionally | Often | Usually |
| 25) Do you feel a lack of fulfillment in life, both personally and in your work? | Never | Seldom | Occasionally | Often | Usually |
| 26) Do you have feelings of guilt, inadequacy or low self-esteem? | Never | Seldom | Occasionally | Often | Usually |
| 27) Do you have a tendency toward having chronic fatigue, aches and pains? | Never | Seldom | Occasionally | Often | Usually |
| 28) Do you find that it is difficult to visit your parents for more than a few minutes or a few hours? | Never | Seldom | Occasionally | Often | Usually |
| 29) Are you uncertain about how to respond when people ask about your feelings? | Never | Seldom | Occasionally | Often | Usually |
| 30) Have you ever wondered if you might have been mistreated, abused, or neglected as a child? | Never | Seldom | Occasionally | Often | Usually |
| 31) Do you have difficulty asking for what you want from others? | Never | Seldom | Occasionally | Often | Usually |

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| 9) Do you care for others easily, yet find it difficult to care for yourself? | Never | Seldom | Occasionally | Often | Usually |
| 10) Do you isolate yourself from other people? | Never | Seldom | Occasionally | Often | Usually |
| 11) Do you respond with anxiety to authority figures and angry people? | Never | Seldom | Occasionally | Often | Usually |
| 12) Do you feel that individuals and society in general are taking advantage of you? | Never | Seldom | Occasionally | Often | Usually |
| 13) Do you have trouble with intimate relationships? | Never | Seldom | Occasionally | Often | Usually |
| 14) Do you attract and seek people who tend to be compulsive? | Never | Seldom | Occasionally | Often | Usually |
| 15) Do you cling to relationships because you are afraid of being alone? | Never | Seldom | Occasionally | Often | Usually |
| 16) Do you often mistrust your own feelings and the feelings expressed by others? | Never | Seldom | Occasionally | Often | Usually |
| 17) Do you find it difficult to express your emotions? | Never | Seldom | Occasionally | Often | Usually |

If you answered "occasionally," "often," or "usually" to any of these questions, you may find it useful to continue reading. (These questions are modified from Al-Anon Family Group, 1984, with permission.)

Other questions to consider are:

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| 18) Do you fear any of the following: | | | | | |
| • losing control? | Never | Seldom | Occasionally | Often | Usually |
| • your own feelings? | Never | Seldom | Occasionally | Often | Usually |
| • conflict and criticism? | Never | Seldom | Occasionally | Often | Usually |
| • being rejected or abandoned? | Never | Seldom | Occasionally | Often | Usually |
| • being a failure? | Never | Seldom | Occasionally | Often | Usually |
| 19) Is it difficult for you to relax and have fun? | Never | Seldom | Occasionally | Often | Usually |
| 20) Do you find yourself compulsively eating, working, drinking, using drugs, or seeking excitement? | Never | Seldom | Occasionally | Often | Usually |
| 21) Have you tried counseling or psychotherapy, yet still feel that "something" is wrong or missing? | Never | Seldom | Occasionally | Often | Usually |