

# CODEPENDENCY SCALE

| IF I AM...                  | <b>RESPONSIBLE FOR OTHERS...</b>   | <b>RESPONSIBLE TO OTHERS...</b><br><i>(ABILITY TO RESPOND TO OTHERS)</i>   |
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| I DO...                     | FIX<br>PROTECT<br>RESCUE<br>CONTROL<br>CHANGE OTHERS   | LISTEN<br>SHOW EMPATHY<br>ENCOURAGE<br>SHARE<br>CONFRONT<br>LEVEL<br>ACCEPT  |
| I FEEL...                   | TIRED<br>ANXIOUS<br>FEARFUL<br>LIABLE<br>FRUSTRATED<br>RESENTFUL<br>GUILTY<br>SELF-RIGHTEOUS | CONGRUENT<br>RELAXED<br>FREE<br>PEACEFUL<br>AWARE OF REALITY<br>AWARE OF OWN FEELINGS  |
| I AM MORE CONCERNED WITH... | <b>THE SOLUTION:</b><br><br>ANSWERS<br>CIRCUMSTANCES<br>BEING RIGHT<br>DETAILS<br>WINNING    | <b>RELATING PERSON TO PERSON TO REACH A SOLUTION:</b><br><br>AFFIRMING<br>SUPPORTING<br>VALUING<br>COMPROMISING AND NEGOTIATIONG |
| I BECOME...                 | A MANIPULATOR<br>AN EXPLOITER<br>AN ENABLER  | A GUIDE<br>A FRIEND<br>AN EQUAL  |