

CO-DEPENDENCY/FEAR OF MAN
SELF TEST

Check all that apply

- Have you ever struggled with "peer pressure?"
- Are you over-committed?
- Is it hard for you to say "no"?
- Do you "need" something from your spouse?
- Is self-esteem a concern for you?
- Do you ever feel as though you might be exposed as an imposter?
- Are you always second-guessing decisions because of what other people might think?
- Are you afraid of making mistakes, because it will make you look bad in others' eyes?
- Do you feel empty or meaningless?
- Do you get easily embarrassed?
- Do you ever lie (especially "little white lies")?
- Are you jealous of other people?
- Do other people often "make" you angry?
- Do other people often "make" you depressed?
- Do you avoid people intentionally?
- Do you diet for the complimenting opinions of others?
- When you compare yourself to others, do you feel good about yourself?
- Are your purchases (i.e. clothes, cars, home, etc.) influenced by others?
- Are you embarrassed by your lifestyle (i.e. where you live, vocation, etc.)?

What thoughts or actions do you prefer to keep in the dark?

- Lusts
- Animosities
- _____
- _____
- Have you noticed times when you cover up with lies?
- Have you noticed times when you justify?
- Have you noticed times when you blame?

- Have you noticed times when you change the subject due to feeling uncomfortable?
- Do you show favoritism?
- Do you respect the rich more than the poor?
- Do you respect the intelligent over the less intelligent?
- Is it easier for you to speak to some people and not so easy to speak to others?
- Do you think and/or feel responsible for other people?
- Do you feel compelled to help people solve their problems?
- Do you get tired of feeling like you always give to others, but no one gives to you?
- Do you feel unappreciated?
- Do you fear rejection?
- Do you feel ashamed of who you are?
- Do you worry whether other people like you or not?
- Do you threaten, bribe, or beg?
- Do you manipulate?
- Do you say what you think will please, provoke, or get what you think you need?
- Do you focus all of your energy on other people or problems?
- Do you let other people keep hurting you and you never say anything?
- Do you feel angry?
- Do you feel like a martyr?
- Do you feel extremely responsible or irresponsible?