1. Codependents have a tendency to:
   A) overwork
   B) stay away from doctors
   C) become perfectionists
   D) ignore problems

2. An example of a boundary of a recovering codependent is:
   A) "I will rescue people from consequences of their alcoholism."
   B) "I won't let you spoil my fun."
   C) "You can act crazy in front of me if you want."
   D) "I will examine and understand why you verbally abuse me."

3. Many codependents believe which of the following concepts?
   A) Our feelings need to control us
   B) Happy feelings must always be followed by sad feelings
   C) People make us "feel"
   D) Only taking medication helps them become undependent

4. Al-Anon is primarily a support group for whom?
   A) People affected by someone else's drinking
   B) Only teenagers affected by someone's narcotic addiction
   C) People with a desire to stop drinking
   D) People who want to learn how to drink responsibly

5. Striving for undependence involves:
   A) beginning to examine ways we are dependent on those around us
   B) not doing anything of which you are afraid
   C) pretending to be strong all the time
   D) trusting everyone for a short period of time

6. The open system of love includes which of the following?
   A) Reassurance through repeated activity
   B) Dependency based on security and comfort
   C) Eliminating possible risks
   D) Separate interests

7. Worrying, obsessing, and controlling …
   A) help us solve problems
   B) aid in detachment
   C) are illusions
   D) help us understand what we are feeling

8. Codependents may try to create stimulation for themselves by doing which action?
   A) Making troubles
   B) Detaching
   C) Taking responsibility for their own expectations
   D) Just letting things happen naturally to see what happens
9. Once you are afflicted with codependency …
   A) it is similar to picking up a bad habit
   B) it happens only once and then goes away
   C) it is your partner’s responsibility
   D) the emotional state comes and goes

10. A person who is being abused …
    A) must pretend the abuse doesn’t exist
    B) must acknowledge the abuse
    C) does not try to control the circumstances
    D) must deny her own shortcomings

11. Positive change requires a progression through how many stages?
    A) Six
    B) Twelve
    C) Five
    D) Three

12. Without cooperation from the subconscious mind, a person …
    A) can react automatically
    B) can develop a true sense of identity
    C) is very hesitant
    D) is considered schizophrenic

13. A codependent person or a chemically dependent person may be in as many as how many stages of the grief process at a time?
    A) For coping, three of the grief stages are necessary
    B) Usually two stages together
    C) Only one stage at a time
    D) All during the same time

14. The opposite attitude of honoring the self is:
    A) feeling deserving of pleasant experiences
    B) self-repudiation
    C) controlled eating
    D) not being obsessed with another

15. Being taught not to trust ourselves happens when?
    A) When we learn to center our lives around other people
    B) When we have a feeling and we are told it is wrong
    C) When we fail
    D) When we are afraid to face reality

16. Sharing the emotional part of us with others should create what?
    A) Vulnerability
    B) Sadness
    C) Closeness and intimacy
    D) Dependency
17. Which is the first and most important step that needs to be taken in a Twelve-Step Program?
   A) Admit we are powerless over the addiction
   B) Make a list of all persons we have harmed
   C) Be ready to take a risk
   D) Seek a higher power

18. The Twelve-Step Program slogan is:
   A) "Feelings are not to be denied"
   B) "We believe in a higher power"
   C) "Put yourself first"
   D) "Live and let live"

19. Ideally, detachment is:
   A) being able to deny feelings
   B) making oneself totally emotionally isolated
   C) releasing a person or problem in love
   D) expressing responsibility for several people's feelings

20. Over-involvement of any sort can:
   A) keep us in a state of chaos
   B) be a leading cause of physical ailments
   C) help restore natural energy
   D) keep us focused