

CODEPENDENT NO MORE
Test Questions

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 independent

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 independence 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