



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC  
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# CoDependence Quiz

## 40 Signs that You Love TOO Much



### You...

- ☐ 1. Put your partner's needs before your own
- ☐ 2. Want your partner's opinion before making any decisions
- ☐ 3. Help your partner with their responsibilities
- ☐ 4. Take care of your partner's wellbeing
- ☐ 5. Are very invested in your partner's happiness
- ☐ 6. Focus on not disturbing, bothering, ruffling or crossing your partner
- ☐ 7. Take on most of the domestic and practical responsibilities
- ☐ 8. Buy most of the things your partner needs
- ☐ 9. Take on superhuman qualities to get everything done
- ☐ 10. Walk into the bathroom when your partner is in there
- ☐ 11. Grab food off your partner's plate
- ☐ 12. Fix how their clothing lays on them
- ☐ 13. Want to spend most of your free time with your partner
- ☐ 14. Your social circle has become practically only your partner
- ☐ 15. Include your partner in all your plans
- ☐ 16. Make plans for your partner
- ☐ 17. Give your partner access to your social media and other accounts
- ☐ 18. Share an email account with your partner
- ☐ 19. Give your partner advice on how to improve themselves or situations
- ☐ 20. Know your partner better than they know themselves
- ☐ 21. Finish your partner's sentences for them
- ☐ 22. Tell their stories
- ☐ 23. Speak for your partner
- ☐ 24. Make decisions for your partner
- ☐ 25. Have helped your partner get a job
- ☐ 26. Have written emails or texts for your partner
- ☐ 27. Support your partner financially (N/A if agreed to stay home to raise children)
- ☐ 28. Hide facts about finances from your partner
- ☐ 29. Minimize how much debt you are in
- ☐ 30. Tend to overcommit
- ☐ 31. Tend to run late
- ☐ 32. Tend to run your mouth
- ☐ 33. Tend to lose your temper or get agitated
- ☐ 34. Have been told you are too sensitive or reactive
- ☐ 35. Need to resolve disagreements immediately with your partner
- ☐ 36. Are headstrong, picky, critical or demanding
- ☐ 37. Are controlling and micromanaging
- ☐ 38. Complain and whine that you would like more support and attention from your partner
- ☐ 39. Feel you care more about your partner than they care about you
- ☐ 40. Think your partner is self-indulgent or self-focused, even selfish

☐ **Yes, the uneven amount of showing up in the relationship is causing resentment, fighting, disconnect, dissatisfaction and lack of intimacy and fun...**