

Codependence Inventory

A co-dependent relationship is one in which an individual is attached or dependent on another individual, group or institution in an unhealthy, immature and sometimes dangerous relationship. This checklist can help you explore your relationship to a church or religious organization.

These signs may indicate you are in a co-dependent relationship with a church or religious organization. These symptoms may occur to some degree and from time to time in any relationship, but if they persist over time and feel overwhelming they may be signs of an unhealthy or co-dependent relationship. If that is the case, you should address these issues if you wish to prevent an emotional or physical separation.

Directions: Rate yourself on a scale of 1 (never) to 5 (all the time).

1. I feel like the church makes decisions about what I should think, believe or do which _____
I should be able to make for myself.
 2. I feel like I cannot honestly express my feelings or perceptions of the church or people _____
in the church.
 3. I feel compelled to make excuses for what the church thinks, says, does or believes. _____
 4. I feel like I am expected to think, say, act or believe things that do not make sense to me. _____
 5. I fear that I will be embarrassed, rejected, or punished if I do not think, say, act or believe _____
what I am expected to think, say, act or believe.
 6. I have been directly or indirectly judged or threatened for not thinking, saying, acting or _____
believing what I am expected to think, say, act or believe.
 7. I feel like a child who is threatened, intimidated, or controlled by the church or people in _____
the church.
 8. I feel like the church or people in the church are lying to me. _____
 9. I feel trapped in this relationship; I would like to leave, but am afraid to do so or have no _____
options.
 10. I feel angry, resentful or guilty about my relationship to the church. _____
- Total..... _____

How to interpret your score

On a scale of 10 to 50, the closer your total score is to 50 the more likely you are to have or be developing an unhealthy or co-dependent relationship with your church.