

Spann-Fischer Codependency Scale

Your full name:

Clinician's full name:

Date submitted:

Instructions: Read the following statements and select the answer (self-rating) that best describes you according to each statement.

- 1 = Strongly Disagree
- 2 = Moderately Disagree
- 3 = Slightly Disagree
- 4 = Slightly Agree
- 5 = Moderately Agree
- 6 = Strongly Agree

[illegible]

10. Sometimes I get focused on one person to the extent of neglecting other relationships and responsibilities.	☐	☐	☐	☐	☐	☐
11. I seem to get into relationships that are painful for me.	☐	☐	☐	☐	☐	☐
12. I don't usually let others see the "real" me.	☐	☐	☐	☐	☐	☐
13. When someone upsets me, I will hold it in for a long time, but once in a while, I explode.	☐	☐	☐	☐	☐	☐
14. I will usually go to any lengths to avoid open conflict.	☐	☐	☐	☐	☐	☐
15. I often have a sense of dread or impending doom.	☐	☐	☐	☐	☐	☐
16. I often put the needs of others ahead of my own.	☐	☐	☐	☐	☐	☐

Score:

NOTE: Items 5 and 7 have reverse scoring. So if you select 6 as your rating, it's scored as 1. If you select 1, then it's scored as 6.

Source: *Fischer, J., Spann, L., Crawford, D. (1991). Measuring codependency. Alcoholism Treatment Quarterly, 8, 1, 87-100.*