



Co-dependency



I Wear a Thousand Masks

I hope you won't be fooled by me for I wear a mask. I wear a thousand masks, masks that I'm afraid to take off and one of them is me.

I am likely to give you the impression that I'm secure, that confidence is my name and coolness my game, that the water's calm and I'm in command and that I need no one. But I hope you won't believe me.

My surface may seem smooth ...beneath I dwell in confusion, in fear, in aloneness. But I hide this. I panic at the thought of my weakness and fear being exposed. That's why I frantically create a mood to hide behind, a nonchalant, sophisticated façade to shield me from your understanding. But such understanding is my salvation. My only salvation, and I know it.

If I don't keep the mask in front of myself I'm afraid you'll think less of me, that you'll laugh, and your laugh would kill me.

So I play the game, my desperate pretending game, with a façade of assurance without, and a trembling feeling within. And so my life becomes a front. I idly chatter to you in the suave surface tones ... I tell you everything that's nothing and nothing of what's everything of what is crying within me. So when I go into my routine, I hope you won't be fooled by what I'm saying. I hope you listen carefully to hear what I'm not saying.

I dislike the superficial, phony game I'm playing. I'd really like to be open, genuine and spontaneous. I want your help in doing this. I want you to risk approaching me even when that's the last thing I seem to want or need. I want this from you so I can be alive. Each time you're kind, and gentle and encouraging. Each time you try to understand because you really care, my courage to risk sharing myself with you increases.

I want you to know how important you are to me, how you can be a creator of the person that is me if you choose. But it will not be easy for you. A long conviction of worthlessness leads me to maintain distance.

The nearer you approach me the blinder I may strike back. It is self-defeating but at the time it seems the safest thing to do. I fight against the very things that I cry out for. But I am told that empathy is stronger than walls and therein lies my hope. I desperately want you to understand me in spite of my distancing tactics.

Who am I, you may wonder? I am someone you know very well. I am every man and every woman you meet.

CODEPENDENCY INVENTORY

Friel & Friel

~Answer the following questions True or False

~Use scoring guide in back of packet

1. I make enough time to do things just for myself each week.
2. I spend lots of time criticizing myself after an interaction with someone.
3. I would not be embarrassed if people knew certain things about me.
4. Sometimes, I feel like I just waste a lot of time and don't get anywhere.
5. I take good enough care of myself.
6. It is usually best not to tell someone that they bother you; it only causes fights and gets everyone upset.
7. I am happy about the way my family communicated when I was growing up.
8. Sometimes I don't know how I really feel.
9. I am very satisfied with my intimate love life.
10. I've been feeling tired lately.
11. When I was growing up, my family liked to talk openly about problems.
12. I often look happy when I am sad or angry.
13. I am satisfied with the number and kinds of relationships I have in my life.
14. Even if I had the time and money to do it, I would feel uncomfortable taking a vacation by myself.
15. I have enough help with everything that I must do each day.
16. I wish that I could accomplish a lot more than I do now.
17. My family taught me to express feelings and affection openly when I was growing up.
18. It is hard for me to talk to someone in authority.
19. When I am in a relationship that becomes too confusing and complicated, I have no trouble getting out of it.
20. I sometimes feel pretty confused about who I am and where I want to go in my life.
21. I am satisfied with the way that I take care of my own needs.
22. I am not satisfied with my career.
23. I usually handle my problems calmly and directly.
24. I hold back my feeling much of the time because I don't want to hurt other people or have them think less of me.

25. I don't feel like I'm in a rut very often.
26. I'm not satisfied with my friendships.
27. When someone hurts my feelings or does something I don't like, I have little difficulty telling them about it.
28. When a close friend or relative asks for my help more than I'd like, I usually say yes anyway.
29. I love to face new problems and am good at finding solutions to them.
30. I do not feel good about my childhood.
31. I am not concerned about my health a lot.
32. I often feel like no one really knows me.
33. I feel calm and peaceful most of the time.
34. I find it difficult to ask for what I want.
35. I don't let people take advantage of more than I'd like.
36. I am dissatisfied with at least one of my close relationships.
37. I make major decisions quite easily.
38. I don't trust myself in new situations as much as I'd like.
39. I am very good at knowing when to speak up and when to along with the wishes of others.
40. I wish I had more time away from my work.
41. I am as spontaneous as I'd like to be.
42. Being alone is a problem for me.
43. When someone I love is bothering me, I have no problem telling them so.
44. I often have so many things going on at once that I'm really not doing justice to any one of them.
45. I am very comfortable letting others into my life and revealing the real me to them.
46. I apologize to others too much for what I do or say.
47. I have no problem telling people when I am angry with them.
48. There's so much to do and not enough time. Sometimes I'd like to leave it all behind me.
49. I have few regrets about what I have done with my life.
50. I tend to think of others more than I do myself.
51. More often than not, my life is going the way that I wanted it to.
52. People admire me because I am so understanding of others, even when they do something that annoys me.

53. I am comfortable with my own sexuality.
54. I sometimes feel embarrassed by behaviors of those close to me.
55. The important people in my life know the real me and I am okay with them knowing.
56. I do my share of the work and often do quite a bit more.
57. I do not feel that everything would fall apart without my efforts and attention.
58. I do too much for other people and then later wonder why I did it.
59. I am happy about the way my family coped with problems when I was growing up.
60. I wish I had more people to do things with.

Scoring

If using the scoring guide at the back of this packet, add together the number of answers given in the gray boxes.

You will thus be giving yourself **1 point for True** on **Even** numbered questions and **1 point for False** on **Odd** numbered questions.

- 10-20:** **Mild** Codependent Tendencies
- 21-30:** **Mild To Moderate** Codependent Tendencies
- 31-45:** **Moderate To Severe** Codependent Tendencies
- 45-60:** **Severe** Codependent Tendencies

CODEPENDENCY DEFINITION

Originally, the term *codependent* was applied only to families of alcoholics. Eventually, the term expanded to include families with someone dependent on any kind of drug. Today, the word is often used to describe anyone in a significant relationship (or relationships) with a person who exhibits any kind of dependency. Such dependencies could include alcohol, drug, sex, food, work, gambling, success, perfectionism or something else. Being in relationship with this type of person often results in codependency, which involves an **imbalanced sense of responsibility** to rescue, fix and *help* this person.

“A codependent person is one who lets *another person’s* behavior affect him or her and who is obsessed with *controlling* that person’s behavior.” (Melody Beattie in *Codependent No More*)

The person in the codependent’s life could be a healthy or unhealthy person or group of people. The codependent responds to this person’s feelings, emotions, dependencies, problems or actions with:

- | | |
|----------|---|
| -anxiety | -desire to “fix it” |
| -shame | -difficulty saying “no” |
| -worry | -sleep problems |
| -guilt | -appetite problems |
| -pity | -other emotional and behavioral reactions |

Therefore, the codependent person controls the other person through “fixing” them, “rescuing” them, trying to change the other person, being the “savior”, not letting others be themselves, manipulation, passive-aggression, or with blaming or threats.

Codependents have a tendency to *over-react* to things *outside* themselves, and *under-react* to things *inside* themselves.

The over-reaction to things outside is the **addictive** aspect of codependency. The codependent can help others in crisis, fix the problems of others, focus on all the negative and hurtful things others do to him or her, and blame others for their own problems. *These are all ways of avoiding internal reality and pain.*

The under-reaction to things inside is the **denial** aspect of codependency. The codependent avoids feelings, pain, joy, dreams, ideas, hopes, desires, preferences, plans and goals. These are the things that make a person who they are! They are the person’s identity. *Thus, codependency becomes a denial of the self.*



Codependency occurs when a person's God-given needs for love and security have been blocked in a relationship with a dysfunctional person, resulting in a *lack of objectivity, a warped sense of responsibility, being controlled and controlling others, hurt and anger guilt and loneliness*. This often begins in childhood. **Codependency is a compulsion to control and rescue others by fixing their problems.** This affects the codependent person's every relationship and desire. So, while codependency may start out as a problem in only one or a few relationships, it often *becomes generalized* and the codependent person responds in a codependent manner to everyone in his or her life, with both healthy *and* unhealthy people.

Some Results of Codependency:

- ▶ Bondage to pleasing others
- ▶ Being controlled by someone and trying to control him or her
- ▶ Being dependent on making others happy
- ▶ Taking the responsibility to make sure others are happy, successful and feel good
- ▶ Feeling guilty when you don't do everything just right all the time
- ▶ Trying to make a sick person well, but ending up sick yourself



How to know if you are codependent...

Look at your relationships and look at your symptoms. A good rule of thumb is: If you are in relationships with others who are addicted, abusive, neglectful, condemning or controlling and if you feel that *you* are responsible for making those people happy, then you probably fit the definition!

Codependency often begins in childhood when your needs are not met.

Weinhold et al. states (in *Breaking Free of the Codependency Trap*) that people who didn't "separate" from their relationship with their parents feel a desperate need to return to this "blissful state of oneness." Statements one might make are:

- ▶ *I don't feel alive unless I am in a relationship.*
- ▶ *I don't feel complete as a person without him or her. He or she makes me feel like a whole person.*
- ▶ *I would die if I ever lost him or her. My life wouldn't be worth living. I could never be happy again.*
- ▶ *When I'm not with him or her I feel very insecure.*

There are numerous effects of codependency. Listed are some examples of effects that can be seen in the lives of some codependents.

- ▶ Many people feel that they are responsible for making other people happy and successful.
- ▶ They can't say no to any need, or they feel very guilty if they do.
- ▶ They are stoic and judgmental; everything is black or white.
- ▶ Some people need complete control of their lives at all times.
- ▶ Some have given up on life, and are irresponsible and out of control.
- ▶ Some have lost contact with God and their spiritual life.
- ▶ Some are out of touch with their true feelings and desires.
- ▶ Many have difficulty with psychological boundaries.
- ▶ Many can analyze everyone else's problems but can't see their own.
- ▶ Many do not trust their perceptions, ideas, feelings or beliefs.
- ▶ Often try to control others, but fail and feel frustrated.



Stopped here on 4/17/10
Justin

CHARACTERISTICS OF CODEPENDENCY

1. Lack of Objectivity

Two reasons:

1. Codependents have an impaired ability to compare reality with unreality.

When a person establishes a codependency based on relationship, it can begin to slowly erode a person's objectivity. The dysfunctional person the codependent is in a relationship with lives a life based on a lie and the codependent person often begins to live the lie too.

2. Codependents fear reality.

The momentary glimpses of reality that the codependent may face can be so painful that he or she often becomes afraid of facing the reality of his or her life. Therefore, the codependent will build unhealthy ways of coping. Often, defense mechanisms, masks and walls are used.

2. A Warped Sense of Responsibility

Codependents struggle with irresponsibility and over-responsibility. This often begins with overwhelming concern for taking care of dysfunctional people and making them happy. While assuming the responsibility of making others happy, codependents expect others to make *them* happy. Personal responsibility is forgotten. In a codependent relationship, each person is responsible for the other person. This does not work; you can only be responsible for your own actions and feelings.

Results of a warped sense of responsibility:

- * Codependents prevent others from developing responsibility.
- * Codependents neglect themselves.
- * Codependents often resent being the rescuer all the time.
- * Codependents threaten, but continue rescuing.
- * Codependents lack objectivity about assisting and helping others.
- * Codependents take themselves too seriously.

3. Being Easily Controlled and Controlling Others

Codependents are easily controlled

Codependents deal with a large amount of guilt that creates a "have to" mentality. There is no liberty to fail because the perceived risks of losing love and/or respect are too great. Consequently, the codependent is driven. He or she is obsessive-compulsive, has to do the right thing, make the clever remark, wear

the right clothes, look the right way and in short, BE PERFECT! The codependent wants to be what everyone else wants him or her to be. In addition to being driven, he or she is usually very compliant, will do anything for anybody at any time with a smile. Thus, the codependent sets himself or herself up to be controlled by other people.

Codependents are controlling of themselves.

Codependents cannot view failure as an option. They have to be right. There are two extremes: some perfect their lives and some become immobilized. The obsessive-compulsive person wants their life in perfect order. Although good things can be accomplished, the satisfaction does not last. It has to be done over and over again. When this perfection cannot be attained, the codependent will become immobilized and feel like a terrible failure. The immobilized person feels overwhelmed by the “need” to be perfect. He or she will give up and quit trying.

Codependents are controlling of others

Codependents manipulate others usually by the same tactics used on them. Often, passive-aggressive tactics are used. Praise, anger, withdrawal, hurt, humor or sarcasm can all be means of gaining control over others. Often codependents control by using “fixing” and “rescuing” patterns that aim in making other people “okay”. Thus the codependent wants to “fix” people, whether or not they want to be fixed.

4. Hurt and Anger

Hurt is the result of not being valued or cared for. It comes from feeling used, deserted or abandoned. The codependent sets himself or herself up for hurt due to an inability to say no and set boundaries. Anger is the reaction toward the source of the hurt. Often, the codependent will be uncomfortable expressing anger, thus setting himself or herself up for more hurt.

5. Guilt

Codependents feel guilty about what they have done, what they haven't done and what they should have done. In short, they feel guilty about EVERYTHING. This drives the codependent to spend their life rescuing, helping and enabling others. But, no matter what you do, an awful, nagging, feeling that you are worthless, unacceptable and can never do enough to be acceptable will not go away.

Guilt becomes the primary motivator in the codependents life. His or her life becomes a life of “I *have* to” rather than “I *want* to.” Codependents live by “should've” and “ought to.”

6. Codependency as an identity

“Selfishness is the worst sin” is the motto of the codependent. Being unselfish gives the codependent an identity. The codependent maintains codependent behavior patterns in an effort to maintain his or her identity.

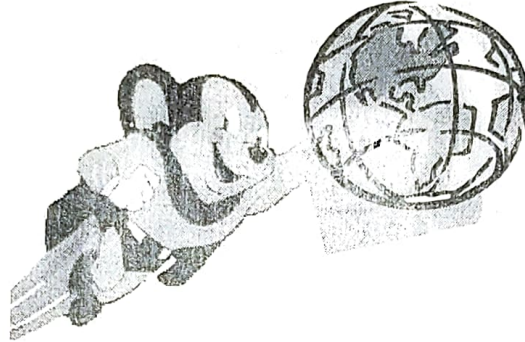
APPROACH TO BECOMING CODEPENDENT FREE

IDENTIFY, DETACH AND DECIDE

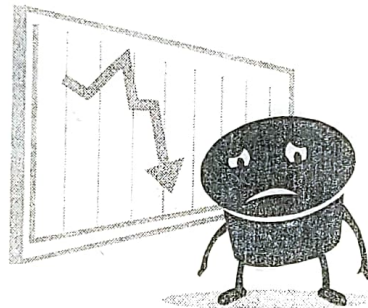
1. Identify: Look at behaviors, feelings, thoughts, words and actions.

Most codependents live life in one of these two modes (or sometimes both depending on the circumstance):

1. *Save the world mode*: This person feels he or she can do no wrong and can rescue everyone in need.



2. *Wants to save the world but feels unworthy*: This person wants to save the world but feels like this is too big of a task, so he or she gives up.



| “Save The World Mode” | “Want To Save The World But Feel Unworthy” |
|---|--|
| <p>Feelings:</p> <p>Grandiose importance, superior, certain, euphoric, confident, appreciated, angry, self-righteous, jealous, possessive, easily hurt</p> | <p>Feelings:</p> <p>Depressed, lonely, angry, helpless, confused, fear, hurt inferior, hopeless, guilt, numbness, trapped, martyr, persecuted, lethargic, worthless, shame, tired</p> |
| <p>Thoughts and Words:</p> <p>It's all your fault. You made me fall. I can help. He (she) needs me. Why aren't people as perceptive as I am? I deserve their respect and love. I can make life good.</p> | <p>Thoughts and Words:</p> <p>It's all my fault. I'm a failure. I can't do anything right. Everything I do is wrong. Yes, but I mean no. No, but I mean yes. I don't deserve their respect and love. Life will never be good for me.</p> |
| <p>Black or White:</p> <p>People really need me. I am indispensable to the kingdom of God. People won't be helped and the Great Commission can't be fulfilled without me.</p> | <p>Black or White:</p> <p>People really need me, but I'll only let them down. Good Christians wouldn't think or act this way. God must be mad at me. He'll punish me.</p> |
| <p>Actions:</p> <p>Exaggerate (high), self-promotion, over committed, workaholism, easily manipulated, control others through praise and condemnation, rescue people without being asked, deny reality, compulsion to avoid failure, giving, helping, try to please people, defensive, overly responsible, outbursts of anger, rationalizes, trust self and others</p> | <p>Actions:</p> <p>Exaggerate (low), self-denigration, withdrawal, avoid people and risks, easily manipulated, control others through self-pity, deny reality, passive-aggressive, afraid to fail, believes he can't please anybody, defensive, irresponsible, outbursts of anger, rationalizes, doesn't trust self but may trust others.</p> |

Worksheet: Answer the following questions to help you work through the “Identify” state of codependency recovery.

Think of a time when you were in the “Save the World Mode.” Analyze your response in this situation.

Feelings:

Thoughts:

Actions:

Think of a time when you were in the "Save the World but Feel Unworthy Mode."
Analyze your response in this situation.

Feelings:

Thoughts:

Actions:

Think of healthy ways you could have responded to the above situations. What do you think the result would have been?

2. Detach: separating in order to reflect on the situation.

Detachment is stepping back and reflecting on a situation. Detachment is not withdrawing to block the pain or to avoid reality. It is also *not* meant to be used as a tool to punish others. The purpose of detachment is to become objective, deal with reality, feel real emotions and determine the best action.

Questions to ask yourself:

"Why did he or she say or do that to me?"

"What did he or she mean?"

"How do I feel about it?"

"How would a healthy person feel?"

"Is he or she controlling me? Condemning me? Neglecting me?"

"Why do I feel guilty? Driven? Afraid? Lonely?"

"Am I rescuing?"

Statement to think about:

"I am not responsible for making him or her happy."

"I am not responsible for fixing the problem."

"He or she needs to be responsible for himself or herself."

"I can respond calmly."

"I can say no or yes."

"I can make my own decisions."

"I feel angry ... lonely ... guilty ... driven ... afraid."

"I am loved, forgiven and accepted by God."

Detaching can sometimes be difficult to do without conflict. If you cannot detach without conflict, then detaching in constructive anger will be necessary. Constructive anger can lead to such statement as "I refuse to be manipulated again" or "I'm not going to take this anymore." The person detaching needs to recognize that the purpose of detaching is to develop his or her own identity and make his or her own decisions.

Expect conflict in your relationships as you change your responses. People who have been habitually "rescued" and "protected" by the codependent will not like to have these behaviors stop. Often, the dependent person will use stronger manipulation such as *more* guilt, *more* condemnation and *more* withdrawal.

Worksheet: Answer the following questions to help you work through the “Detach” stage of codependency recovery.

How can you remove yourself from the situation and reflect on how you think and feel?

How can you experience a growing sense of independence?

What do you need to let go of?

How are you going to accomplish this?

Think of a situation when you reacted as a codependent. How could have detached yourself in the situation?

3. Decide: Begin making independent choices to assert who you are as a person.

When you become objective, you are able to admit how you feel. You can be angry, sad, glad or afraid in a safe environment. You are able to consider your options and make the best choice. Then you can act in confidence. When you make independent choices, you do things because you *want* to – not because you hate to.

One aspect of this is going to involve setting limits. Begin by allowing others to ask for your help, rather than insisting that they get your help whether they want it or not. Then ask yourself if the request made of you is within your limits. Here are some statements to consider:

*This is what I will do. This is what I won't do.
I will not take this kind of behavior anymore.
I'm not responsible for his or her happiness.
I refuse to be manipulated.
I'm sorry, I wish I could help you, but I can't.
Why did you say that to me?
I don't want to talk about this now.
I do want to talk about this.*

As you set limits, you will be in a position to stop controlling others. Part of this will be allowing others to start facing the consequences of *their* behavior. This will break the codependency cycle.

Finally, the key to becoming free of codependency is to learn ways to enjoy life. Take responsibility for making your life one full of joy where you can experience God's unconditional love.

REFERENCES

- "A CHRISTIAN PERSPECTIVE ON CODEPENDENCY" *Springle*
"ADULT CHILDREN: THE SECRETS OF DYSFUNCTIONAL FAMILIES" *Friel & Friel*
"BREAKING FREE OF THE CODEPENDENCY TRAP" *Weinhold*
"LOVE IS A CHOICE" *Hemfelt and Meier*
"CODEPENDENT NO MORE" *Beattie*

Worksheet: Answer the following questions to help you work through the “Decide” stage of codependency recovery.

When was the last time you did something because you wanted to?

Describe a situation when you did not set a limit. What were the consequences?

Describe a situation when you did set a limit. What were the consequences?

When was the last time you rescued someone from their consequences?

When was the last time you allowed someone to suffer their consequences?

What do you need to change about your life to make life more enjoyable?



Let Go

To let go does not mean to stop caring,
it means I can't do it for someone else.

To let go is not to cut myself off,
it's the realization that I can't control another.

To let go is not to enable,
but to allow learning from natural consequences.

To let go is to admit powerlessness,
which means the outcome is not in my hands.

To let go is not to try to change or blame another,
it's to make the most of myself.

To let go is not to "care *for*" but to "care *about*".

To let go is not to judge,
but to allow another to be a human being.

To let go is not to be in the middle, arranging all the outcomes,
but to allow others to affect their own destinies.

To let go is not to be protective,
it's to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold or argue,
but instead to search out my own shortcoming and correct them.

To let go is not to adjust everything to my desires,
but to take each day as it comes and cherish myself in it.

To let go is not to criticize and regulate anybody,
but to try to become what I dream I can be.

To let go is not to regret the past,
but to grow and live for the future.

To let go is to ***fear less***; and ***love more***.

By Jim Walter (Springdale 1992. p 184-185)

The Bridge

By Edwin Friedman

Reprinted from Edwin H. Friedman's *Friedman's Fables*. Copyright (C) 1990 by Guilford Publications

There was a man who had given much thought to what he wanted from life. He had experienced many moods and trials. He had experimented with different ways of living, and he had had his share of both success and failure. At last, he began to see clearly where he wanted to go. Diligently, he searched for the right opportunity. Sometimes he came close, only to be pushed away. Often he applied all his strength and imagination, only to find the path hopelessly blocked. And then at last it came. But the opportunity would not wait. It would be made available only for a short time. If it were seen that he was not committed, the opportunity would not come again.

Eager to arrive, he started on his journey. With each step, he wanted to move faster; with each thought about his goal, his heart beat quicker; with each vision of what lay ahead, he found renewed vigor. Strength that had left him since his early youth returned, and desires, all kinds of desires, reawakened from their long-dormant positions.

Hurrying along, he came upon a bridge that crossed through the middle of a town. It had been built high above a river in order to protect it from the floods of spring. He started across. Then he noticed someone coming from the opposite direction. As they moved closer, it seemed as though the other were coming to greet him. He could see clearly, however, that he did not know this other, who was dressed similarly except for something tied around his waist.

When they were within hailing distance, he could see that what the other had about his waist was a rope. It was wrapped around him many times and probably, if extended, would reach a length of 30 feet.

The other began to uncurl the rope, and, just as they were coming close, the stranger said, "Pardon me, would you be so kind as to hold the end a moment?" Surprised by this politely phrased but curious request, he agreed without a thought, reached out, and took it.

"Thank you," said the other, who then added, "two hands now, and remember, hold tight." Whereupon, the other jumped off the bridge.

Quickly, the free-falling body hurtled the distance of the rope's length, and from the bridge the man abruptly felt the pull. Instinctively, he held tight and was almost dragged over the side. He managed to brace himself against the edge, however, and after having caught his breath, looked down at the other dangling, close to oblivion.

"What are you trying to do?" he yelled.

"Just hold tight," said the other.

"This is ridiculous," the man thought and began trying to haul the other in. He could not get the leverage, however. It was as though the weight of the other person and the length of the rope

had been carefully calculated in advance so that together they created a counterweight just beyond his strength to bring the other back to safety.

“Why did you do this?” the man called out.

“Remember,” said the other, “if you let go, I will be lost.”

“But I cannot pull you up,” the man cried.

“I am your responsibility,” said the other.

“Well, I did not ask for it.” the man said.

“If you let go, I am lost,” repeated the other.

He began to look around for help. But there was no one. How long would he have to wait? Why did this happen to befall him now, just as he was on the verge of true success? He examined the side, searching for a place to tie the rope. Some protrusion, perhaps, or maybe a hole in the boards. But the railing was unusually uniform in shape; there were no spaces between the boards. There was no way to get rid of this newfound burden, even temporarily.

“What do you want?” he asked the other hanging below.

“Just your help,” the other answered.

“How can I help? I cannot pull you in, and there is no place to tie the rope so that I can go and find someone to help me help you.”

“I know that. Just hang on; that will be enough. Tie the rope around your waist; it will be easier.”

Fearing that his arms could not hold out much longer, he tied the rope around his waist.

“Why did you do this?” he asked again. “Don’t you see what you have done? What possible purpose could you have had in mind?”

“Just remember,” said the other, “my life is in your hands.”

What should he do? “If I let go, all my life I will know that I let this other die. If I stay, I risk losing

my momentum toward my own long-sought-after salvation. Either way this will haunt me forever.” With ironic humor he thought to die himself, instantly, to jump off the bridge while still holding on. “That would teach this fool.” But he wanted to live and to live life fully. “What a choice I have to make; how shall I ever decide?”

As time went by, still no one came. The critical moment of decision was drawing near. To show his commitment to his own goals, he would have to continue on his journey now. It was already

almost too late to arrive in time. But what a terrible choice to have to make.

A new thought occurred to him. While he could not pull this other up solely by his own efforts, if the other would shorten the rope from his end by curling it around his waist again and again, together they could do it. Actually, the other could do it by himself, so long as he, standing on the bridge, kept it still and steady.

“Now listen,” he shouted down. “I think I know how to save you.” And he explained his plan.

But the other wasn’t interested.

“You mean you won’t help? But I told you I cannot pull you up myself, and I don’t think I can hang on much longer either.”

“You must try,” the other shouted back in tears. “If you fail, I die.”

The point of decision arrived. What should he do? “My life or this other’s?” And then a new idea. A revelation. So new, in fact, it seemed heretical, so alien was it to his traditional way of thinking.

“I want you to listen carefully,” he said, “because I mean what I am about to say. I will not accept the position of choice for your life, only for my own; the position of choice for your own life I hereby give back to you.”

“What do you mean?” the other asked, afraid.

“I mean, simply, it’s up to you. You decide which way this ends. I will become the counterweight.

You do the pulling and bring yourself up. I will even tug a little from here.” He began unwinding the rope from around his waist and braced himself anew against the side.

“You cannot mean what you say,” the other shrieked. “You would not be so selfish. I am your responsibility. What could be so important that you would let someone die? Do not do this to me.”

He waited a moment. There was no change in the tension of the rope.

“I accept your choice,” he said, at last, and freed his hands.

Codependency Inventory (page 4-6) Scoring Guide

Select either true or false:

| | | | | | |
|-----|---|---|-----|---|---|
| 1. | T | F | 31. | T | F |
| 2. | T | F | 32. | T | F |
| 3. | T | F | 33. | T | F |
| 4. | T | F | 34. | T | F |
| 5. | T | F | 35. | T | F |
| 6. | T | F | 36. | T | F |
| 7. | T | F | 37. | T | F |
| 8. | T | F | 38. | T | F |
| 9. | T | F | 39. | T | F |
| 10. | T | F | 40. | T | F |
| 11. | T | F | 41. | T | F |
| 12. | T | F | 42. | T | F |
| 13. | T | F | 43. | T | F |
| 14. | T | F | 44. | T | F |
| 15. | T | F | 45. | T | F |
| 16. | T | F | 46. | T | F |
| 17. | T | F | 47. | T | F |
| 18. | T | F | 48. | T | F |
| 19. | T | F | 49. | T | F |
| 20. | T | F | 50. | T | F |
| 21. | T | F | 51. | T | F |
| 22. | T | F | 52. | T | F |
| 23. | T | F | 53. | T | F |
| 24. | T | F | 54. | T | F |
| 25. | T | F | 55. | T | F |
| 26. | T | F | 56. | T | F |
| 27. | T | F | 57. | T | F |
| 28. | T | F | 58. | T | F |
| 29. | T | F | 59. | T | F |
| 30. | T | F | 60. | T | F |