

Spann-Fischer Codependency Scale

Your full name: _____ Clinician's full name: _____

Date submitted: _____ dd / mm / yyyy

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

1. It is hard for me to make decisions.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

2. It is hard for me to say "no."

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

3. It is hard for me to accept compliments graciously.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

4. Sometimes I almost feel bored or empty if I don't have problems to focus on.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

5. I usually do not do things for other people that they are capable of doing for themselves.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

6. When I do something nice for myself, I usually feel guilty.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

7. I do not worry very much.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

8. I tell myself that things will get better when the people in my life change what they are doing.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

9. I seem to have relationships where I am always there for them, but they are rarely there for me.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

10. Sometimes I get focused on one person to the extent of neglecting other relationships and responsibilities.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

11. I seem to get into relationships that are painful for me.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

12. I don't usually let others see the "real" me.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

13. When someone upsets me, I will hold it in for a long time, but once in a while, I explode.

☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6

14. I will usually go to any lengths to avoid open conflict.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

15. I often have a sense of dread or impending doom.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

16. I often put the needs of others ahead of my own.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

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.