

QUICK CODEPENDENCY CHECK

5-Minute Personal Recovery Assessment

*From the Loving Lions Family Support Platform
Based on Michael Wilson's "Loving Lions" Approach
Professional Support: East Point Behavioral Health (855) 887-6237*

PURPOSE

This quick check helps family members recognize codependent patterns that develop when addiction affects the family. Michael Wilson teaches that family healing is essential for providing healthy support while maintaining personal well-being.

Time Required: 5 minutes

Follow-up: Professional consultation recommended for recovery planning

QUICK CODEPENDENCY CHECK

Rate each statement: Never (0), Sometimes (1), Often (2), Always (3)

Identity & Self-Worth

- My mood depends on how they're doing with addiction
- I feel responsible for their recovery success or failure
- I've lost touch with my own interests and goals
- I measure my worth by how much I help or fix problems

Subtotal: ___/12

Emotional Regulation

- I experience extreme anxiety when I can't control their situation
- I alternate between hope and despair based on their daily choices
- I suppress my emotions to avoid conflict or stress
- I feel emotionally exhausted from constantly worrying

Subtotal: ___/12

Relationship Patterns

- I make excuses for their behavior to others
- I avoid social situations because of shame about their addiction
- I prioritize their needs over my own consistently
- I feel like I'm walking on eggshells to avoid triggering use

Subtotal: ___/12

Control & Responsibility

- I believe I can control or stop their addiction through my efforts
- I take responsibility for consequences that belong to them
- I monitor their activities trying to prevent addiction choices
- I have difficulty accepting their recovery is their responsibility

Subtotal: ___/12

YOUR RESULTS

TOTAL SCORE: ___/48

Score Interpretation:

- **0-12:** Minimal codependency patterns - Continue self-care with awareness
- **13-24:** Moderate codependency - Professional guidance recommended
- **25-36:** Significant codependency - Family therapy and support groups needed
- **37-48:** Severe codependency - Immediate professional intervention required

IMMEDIATE RECOVERY STEPS

If Your Score is 13 or Higher:

1. Professional Support

- Contact East Point Behavioral Health: (855) 887-6237
- Individual therapy for codependency recovery
- Family therapy for healthy relationship patterns

2. Personal Boundaries

- Stop taking responsibility for their addiction outcomes
- Begin focusing on your own emotional health

- Set limits on addiction-related conversations and crises

3. Identity Recovery

- Reconnect with one personal interest this week
 - Schedule activities unrelated to their addiction
 - Practice saying "I am not responsible for their choices"
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MICHAEL WILSON'S RECOVERY PRINCIPLES

"Family recovery is not selfish - it's essential for providing healthy support."

Personal Recovery Actions:

- **Emotional:** "How am I feeling today, separate from their choices?"
- **Identity:** "What did I enjoy before addiction affected our family?"
- **Boundaries:** "What am I responsible for vs. what belongs to them?"
- **Support:** "What do I need for my own healing and growth?"

Healthy Self-Talk:

- **Instead of:** "If I don't help, something terrible will happen"
 - **Try:** "I can love them while allowing them to experience consequences"
 - **Instead of:** "I should be able to fix this situation"
 - **Try:** "Their recovery is their responsibility; my healing is mine"
 - **Instead of:** "Taking care of myself is selfish"
 - **Try:** "My recovery enables me to provide healthier support"
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DAILY RECOVERY PRACTICES

Morning (5 minutes):

- **Check-in:** "How am I feeling today, separate from their situation?"
- **Intention:** "What is one thing I can do for my own well-being today?"

Evening (5 minutes):

- **Reflection:** "What emotions did I experience that belonged to me?"
- **Gratitude:** "What am I grateful for in my own life and growth?"

Weekly (30 minutes):

- **Personal time:** Engage in one activity you enjoyed before addiction
 - **Boundary review:** What worked this week? What needs adjustment?
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PROFESSIONAL RECOVERY SUPPORT

East Point Behavioral Health Services:

- Individual codependency counseling
- Family therapy for healthy dynamics
- Support group facilitation and coordination
- Recovery planning and progress monitoring
- Crisis intervention for family emergencies

Contact: (855) 887-6237

Recovery Milestones:

- **30 Days:** Consistent daily emotional check-ins
 - **60 Days:** Boundaries maintained with love
 - **90 Days:** Personal interests reengaged
 - **6 Months:** Independent identity developing
 - **1 Year:** Healthy support without codependency
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REMEMBER

Codependency Recovery Key Points:

- **Your healing** is separate from their recovery
- **Boundaries** protect both you and your loved one
- **Self-care** is not selfish - it's essential
- **Professional support** accelerates family healing
- **Recovery** is possible for both individuals and families

This Quick Check is Step 1

For comprehensive codependency assessment and 12-month recovery planning, professional consultation provides personalized healing strategies.

Complete professional tools available:

- 96-point Codependency Recovery Assessment

- 12-Month Personal Recovery Plan
- Boundary Development System
- Family Healing Integration Strategy

This quick check provides initial guidance for personal recovery awareness. For immediate crisis situations, contact 988 (mental health) or 911 (medical emergency), followed by East Point Behavioral Health coordination.

Based on Michael Wilson's "Loving Lions" approach to family healing and recovery.