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## Over-responsibility Quiz

Read each statement and answer how much you agree with it.

3 = Strongly Agree

2 = Agree

1 = Somewhat Agree

0 = Don't Agree

\_\_\_\_\_ I tend to get very upset when people around me are upset.

\_\_\_\_\_ I have a difficult time saying no.

\_\_\_\_\_ I believe that failing to prevent harm is as bad as deliberately causing harm.

\_\_\_\_\_ When others I care about are in pain, I have a strong urge to try to fix or solve their problems.

\_\_\_\_\_ I feel responsible for other people's reactions to me when I set a limit or state a preference.

\_\_\_\_\_ I tend to prioritize others' needs over my own.

\_\_\_\_\_ I often feel selfish when I take care of myself.

\_\_\_\_\_ I usually make up for other people when they are not doing their fair share of the work.

\_\_\_\_\_ I often feel that my partner's or child's actions are a good or bad reflection on me.

\_\_\_\_\_ When someone is in a bad mood I think it is my fault.

\_\_\_\_\_ Your Total Score

The higher your score, the more likely you are to have the following problems. Check off all of the problems that apply to you:

- Working harder than others
- Taking on other people's problems
- Poor self-care
- Burnout
- Constant worry and rumination about others
- Giving advice to others to the point of pushing them away
- Blaming yourself for things that are not your fault
- Difficulty setting limits
- Difficulty with assertiveness