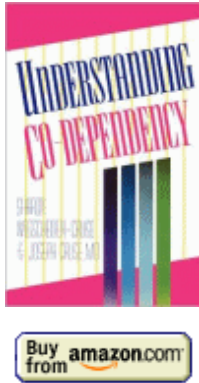


Understanding Co-dependency

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3 CEHs



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Examination Questions

Introduction

1. According to the authors, the disease of co-dependency is the result of chemical responses or changes in the ____ brought on by very specific behavior.
 - a. family
 - b. environment
 - c. brain
 - d. none of the above
2. According to the authors, when a person moves from choice to ____ and when the self-defeating behavior becomes disabling because of tolerance, the person has developed the disease of co-dependency.
 - a. attachment
 - b. powerlessness
 - c. debilitation
 - d. none of the above

Section 1: Premise: The Co-dependency Trap

3. According to the authors, the primary treatment focus for co-dependency is to address:
 - a. the person
 - b. the person’s brain processes
 - c. the person and the person’s brain processes
 - d. none of the above
4. According to the authors, the components to chemical dependency are:
 - a. genes that result in a person being susceptible – the person
 - b. an agent that can cause the disease – the process
 - c. there must be a permissive or promotive environment or society for the person and the agent to get together – the planet
 - d. all of the above
5. According to the authors, familiar pain can be comfortable and can be a means of bonding with people and obtaining acceptance.
 - a. True
 - b. False

Section 2: Personality and the Progression into Disease

6. According to the authors, which of the following behavioral patterns describes the Family Hero?
- They withdraw from the family.
 - They turn to teasing, joking or any agitating behavior to attract attention to themselves.
 - They provide the moments of hope and pride that the family desperately needs.
 - They become loners, trying to survive a painful environment and withdraw into themselves.
7. According to the authors, which of the following behavioral patterns describes the Scapegoat?
- They withdraw from the family.
 - They turn to teasing, joking or any agitating behavior to attract attention to themselves.
 - They provide the moments of hope and pride that the family desperately needs.
 - They become loners, trying to survive a painful environment and withdraw into themselves.
8. According to the authors, which of the following behavioral patterns describes the Lost Child?
- They withdraw from the family.
 - They turn to teasing, joking or any agitating behavior to attract attention to themselves.
 - They provide the moments of hope and pride that the family desperately needs.
 - They become loners, trying to survive a painful environment and withdraw into themselves.
9. According to the authors, which of the following behavioral patterns describes the Mascot?
- They withdraw from the family.
 - They turn to teasing, joking or any agitating behavior to attract attention to themselves.
 - They provide the moments of hope and pride that the family desperately needs.
 - They become loners, trying to survive a painful environment and withdraw into themselves.
10. According to the authors, which of the following dimensions of personality, as described by C. Robert Cloninger (1987) and seen in chemically dependent individuals, are also seen in many codependents?
- Control Seeking, Intimacy Avoidance, and Attention Dependence
 - Novelty Seeking, Control Dependence, and Harm Avoidance
 - Reward Dependence, Novelty Seeking, and Harm Avoidance
 - none of the above

Section 3: Symptoms of Co-dependency: Brain Events

11. According to the authors, delusional or distorted thinking is usually preceded by:
- dissociation
 - denial
 - refutation
 - none of the above
12. According to the authors, the emotional mixture of repressed or stuffed feelings is called:
- comprehensive recognition
 - undifferentiated emotion
 - non-receptive cognition
 - none of the above
13. According to the authors, to heal all feelings, anger, grief, hurt, etc., there needs to be some degree of:
- re-experiencing and release
 - awareness and understanding
 - submission and exculpation
 - all of the above
14. According to the authors, compulsive use of substances and behaviors can temporarily medicate the emotional abscess of inner pain.
- True
 - False

Section 4: Complications of Co-dependency: Life Events

15. According to the authors, the first complication of co-dependency is:

- a. fear
- b. anger
- c. chronic low self-worth
- d. confusion

16. According to the authors, there is no difference between guilt and shame.

- a. True
- b. False

17. According to the authors, when we perceive ourselves as low energy, stuck, down, powerless, we become more susceptible to illness.

- a. True
- b. False

Section 5: Treatment and Recovery

18. According to the authors, which of the following statements is true with respect to effective treatment?

- a. Effective treatment confronts self-delusion with new information.
- b. Effective treatment creates a safe atmosphere where feelings can surface, to be expressed and discharged so healing can take place.
- c. Effective treatment provides an atmosphere where it is safe and possible to recognize, detox and detach from compulsive medicating behaviors.
- d. all of the above

Section 6: Recovering Alcoholics and Addicts

19. According to the authors, co-dependency can cause chemical dependency.

- a. True
- b. False

20. According to the authors, when the substance medications are removed and an individual becomes abstinent, the previously medicated co-dependency symptoms are fully resolved.

- a. True
- b. False

Section 7: Self-Assessment

21. According to the authors, if many of the self-assessment characteristics apply and are uncomfortable or painful, and disabling, seeking treatment ____ include seeing someone specifically trained in co-dependency.

- a. should
- b. need not

Section 8: Study Group Guidelines

22. According to the authors, which of the following is not one of the ten suggested study session behavioral areas?

- a. Emotional Repression
- b. Low Self-Worth
- c. Choices and Risks
- d. Blame and Reparation