

ACA QUESTIONNAIRE

1. I often feel I need to be in control, independent and without needs.
2. I often fear I will be abandoned in the course of my relationships.
3. I often justify/rationalize the behavior of others even though I feel hurt or angry.
4. I find it difficult to identify and express feelings, including feelings such as joy or happiness.
5. I often feel very responsible for the care of others.
6. It is easier for me to give help and support than to ask for help and support.
7. I often measure my worth by my achievements.
8. I often silently adjust to every demand and every situation.
9. I often feel responsible for defusing explosive situations.
10. I often fear failure and will work twice as hard as others to avoid it.
11. When a situation appears to be out of control, I find I automatically take charge, or withdraw, or make light of it.
12. I often feel I need to be ready for whatever might happen.

ACA characteristics:

- ** Inability to trust and form close, personal relationships
- ** Overdeveloped sense of responsibility and guilt
- ** Extreme need to control
- ** Lack of fulfillment, both personally and professionally
- ** Unidentified feelings of inadequacy, loneliness and depression
- ** Great risk of alcoholism, or living with an active alcoholic