

Overfunctioning Inventory

The Overfunctioning Inventory is a self-assessment tool designed to help individuals identify behaviors associated with overfunctioning, a tendency to assume excessive responsibility for others’ tasks or well-being. This inventory prompts reflection on specific actions and thought patterns that may indicate overfunctioning tendencies.

By responding to a series of targeted questions, individuals can score their responses to quantify the extent of these behaviors. This process involves assigning a score of “1” to affirmative answers and “0” to negative ones, then calculating a total that, when multiplied by 10, yields a percentage score representing one’s propensity to overfunction.

Question	Score (0 or 1)
1. Do I often feel anxious when others are in charge of responsibilities I care about?	
2. Do I frequently take on tasks because I’m worried others won’t complete them properly?	
3. Am I regularly volunteering for extra tasks at work or in my personal life, even when I’m already busy?	
4. Do I feel a sense of relief or control after completing tasks for others?	
5. Do I often “fix” problems that others haven’t asked for help with?	
6. Do I find myself doing things for others because I think it’ll save time or avoid stress?	
7. Do I avoid delegating tasks because I’m concerned about the quality of others’ work?	
8. Do I regularly check up on people to make sure they’re following through on their commitments?	
9. Do I believe that I’m the only one who can manage certain responsibilities effectively?	
10. Do I feel a strong urge to step in during group tasks to ensure a positive outcome?	
OVERFUNCTIONING SCORE:	_____ %