

## ADULT CHILD OF A DYSFUNCTIONAL FAMILY TEST

Those who grew up in a dysfunctional family or with an alcoholic parent or parents, whether they were abusive or neglectful, have a tendency to stuff the pain. Unfortunately, running from those memories or minimizing the experience, doesn't take away the pain, the fear and/or the feeling of isolation. A sadder reality is, that by not dealing with these issues, we tend to either carry out the same dysfunctional characteristics in our own lives or marry someone with them.

**Take this test** to see where you're at.

### DO YOU...

- Guess what is normal?
- Have difficulty in following a project through to completion?
- Lie, when it would be just as easy to tell the truth?
- Judge yourself without mercy?
- Have difficulty having fun?
- Take yourself very seriously?
- Have difficulty with relationships?
- Over-react to changes over which you have no control?
- Constantly seek approval and affirmation?
- Extremely loyal even when there is evidence that the loyalty is undeserved?
- Look for immediate rather than deferred gratification?
- Lock yourself into a course of action without giving serious consideration to alternate behaviors or possible consequences?
- Seek tension and crisis and then complain about the results?
- Avoid conflict or aggravate it; rarely do you deal with it?
- Fear rejection and abandonment, yet are rejecting of others?
- Fear failure but sabotage your success?
- Fear criticism and judgment, yet criticize and judge others?
- Manage time poorly and do not set priorities in a way that works effectively for you?
- You become either super responsible or super irresponsible?

\_\_\_\_\_ = Total boxes checked

If you check 4 or more boxes, Celebrate Recovery may be the place for you.