

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.