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## Assessing Your Childhood Difficulties with an Emotionally Immature Parent

Emotional immaturity shows itself most clearly in relationships, and its impacts are especially profound when the relationship is between a parent and child. Read through the following statements, which outline some of the most painful difficulties emotionally immature parents cause for their children, and check off all that reflect your childhood experience. This could be helpful in understanding the dynamic in which you were raised. If you work with a therapist individually, it could be worthwhile to bring up and process the situations that you checked off.

- I didn't feel listened to; I rarely received my parent's full attention.
- My parent's moods affected the whole household.
- My parent wasn't sensitive to my feelings.
- I felt like I should have known what my parent wanted without being told.
- I felt like I could never do enough to make my parent happy.
- I was trying harder to understand my parent than my parent was trying to understand me.
- Open, honest communication with my parent was difficult or impossible.
- My parent thought people should play their roles and not deviate from them.
- My parent was often intrusive or disrespectful of my privacy.
- I always felt that my parent thought I was too sensitive and emotional.
- My parent played favorites in terms of who got the most attention.
- My parent stopped listening when he or she didn't like what was being said.
- I often felt guilty, stupid, bad, or ashamed around my parent.

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\_\_\_\_\_ My parent rarely apologized or tried to improve the situation when there was a problem between us.

\_\_\_\_\_ I often felt pent-up anger toward my parent that I couldn't express.

Your parent may not have all the characteristics described, but checking off more than one of the items suggests some level of emotional immaturity.

Adapted from: Lindsay C. Gibson. *Adult Children of Emotionally Immature Parents: Assessing Your Parent's Emotional Immaturity*, 2015.