

COMMON BEHAVIOR CHARACTERISTICS OF ADULT CHILDREN



- We have feelings of low self-esteem that cause us to judge ourselves and others without mercy. We try to cover up or compensate by being perfectionistic, caretaking, or controlling.
- We tend to isolate ourselves and to feel uneasy around other people, especially authority figures.
- We are approval seekers and will do anything to make people like us. We are extremely loyal, even when evidence indicates loyalty is undeserved.
- We are intimidated by angry people and personal criticism. This causes us to feel anxious and overly sensitive.
- We habitually choose to have relationships with emotionally unavailable people with addictive personalities. We are usually less attracted to healthy, caring people.
- We live life as victims and are attracted to other victims and our love and friendship relationships. We confuse love with pity and tend to “love” people we can pity and rescue.
- We are either super responsible or super irresponsible. We try to solve others problems or expect others to be responsible for us. This enables us to avoid looking closely at our own behavior.
- We feel that vulnerability always has negative results.
- We feel guilty when we stand up for ourselves or act assertively. We give in to others instead of taking care of ourselves.
- We deny, minimize or repress our feelings of our traumatic childhoods. We lose the ability to express our feelings and are unaware of the impact this has on our lives.
- We can be dependent people who are terrified of rejection or abandonment. We tend to stay in jobs or relationships that are harmful to us. Our fears can either stop us from ending hurtful relationships or prevent us from entering into healthy, rewarding ones.
- We experience denial, isolation, control and misplaced guilt or symptoms of family dysfunction. As a result of these behaviors, we feel hopeless and helpless.
- We have difficulty with intimate relationships. We feel insecure and lack trust in others. We don't have clearly defined boundaries and become enmeshed with our partners needs and emotions.
- We have difficulty having fun.
- We take ourselves too seriously.
- We have difficulty following projects through from beginning to end.
- We have a strong need to be in control. We overreact to change over which we have no control.
- We tend to be impulsive. We take action before considering alternative behaviors or possible consequences.

