

Recognizing specific dysfunctional or unhealthy family patterns

See if any of these 60 patterns were prominent in your family of origin. Only circle the ones that you realize were very dominant. After you're done, go back through and put a star next to the 2 patterns that you believe MOST impacted you in childhood.

1. Controlling behavior
2. Push for perfectionism
3. Abandonment
4. Being critical
5. Verbal abuse
6. Alcohol or drug problems
7. Affairs or sexual addictions such as pornography
8. Co-dependency (enabling someone to stay stuck in dysfunction or wanting them to depend on you)
9. Physical abuse/violence
10. Sexual abuse/incest
11. Self-centeredness or selfishness
12. Impulsive (failing to consider consequences before acting)
13. Entitlement mentality (believing the govt or others should take care of you)
14. Ignoring difficult issues or hurtful things instead of dealing with them
15. Holding grudges and resentment for long periods of time
16. Lack of affection or attentiveness
17. Over-attachment or smothering behavior
18. People-pleasing (the inability to say no)
19. Laziness
20. Focus on wealth and bigger/better possessions dominate thoughts and actions
21. Pressure for kids to be the best in competitive arenas like sports
22. Lying or exaggeration
23. Obesity
24. Cold shoulder treatment or silent treatment as punishment
25. Manipulative behavior
26. Busyness
27. Helplessness
28. Disrespect for authority
29. Racism or other prejudices such as believing women are inferior
30. Involvement with cults, witchcraft, astrology
31. Sloppiness or household chaos
32. Being chronically late

33. Sexual innuendo or crude jokes
34. Foul language
35. Yelling during disagreements
36. Avoiding conflict
37. Inability to express deep emotions
38. A domineering or controlling mother
39. A weak or uninvolved Dad
40. Viewing women as sex objects
41. Gossiping
42. Being secretive
43. Over-dependence on media to fill your time
44. Shallow conversations
45. Immaturity and childlike behavior
46. Fearful and prone to worry
47. Failure to communicate in general (expectations, feelings, etc)
48. Proudful and tendency to see others problems but not their own
49. Judgmental and quick to find flaws in others
50. Overly dramatic about things (drama queen)
51. Stubbornly resistant to other's input or correction
52. Regular displays of rage or angry outbursts
53. Financial problems (poverty, overspending, gambling, etc)
54. Workaholic
55. Pessimistic (or depression)
56. Stinging sarcasm
57. Facial expressions convey disgust or disrespect
58. Teasing that isn't funny to the recipient
59. Religion is just about rituals or about following rules
60. Lack of compassion or sympathy for people who are hurt emotionally or physically