

Scars From My Childhood Part 1 – Worksheet 1

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Parent Disorder Assessment

Check any that apply

A. Personality Disorder: _____

1. ___ Emotional unstable parents
2. ___ Friends come and go
3. ___ Demonstrated unhealthy sexual examples
4. ___ Lived life at high-risk
5. ___ Quick to judge/criticize
6. ___ Make you feel bad for them
7. ___ Obstinate, live in a black and white world
8. ___ Insensitive
9. ___ Emotionally needy

B. Personality Disorder: _____

1. ___ Very melodramatic; promote emotional tension
2. ___ Blames others constantly (bad kids, bad boss, etc.)
3. ___ Showcase their popularity
4. ___ Pattern of self-destruction
5. ___ Needy/emotionally drain others
6. ___ Must control adult children
7. ___ Must keep attract attention with personal appearance
8. ___ Attention seekers/thrive on flattery
9. ___ Self-centered
10. ___ Feel threatened; talk suicide

C. Personality Disorder: _____

1. ___ Critical of everything and everyone
2. ___ Demand honor and recognition
3. ___ Everyone is beneath them
4. ___ Can be vindictive
5. ___ Their ideas are the best ideas
6. ___ Makes people into puppets
7. ___ Intrusive yet neglectful
8. ___ Punish children for not responding correctly
9. ___ Demonstrates all levels of abuse
10. ___ Can love one child and hate others

D. Personality Disorder: _____

1. ___ No real conscience
2. ___ Uses people
3. ___ Charming but emotionally detached
4. ___ Highly dysfunctional

5. ___ Life is all about them
6. ___ Cannot demonstrate love
7. ___ Hurt children, pets, belittle others
8. ___ Find ways to dis-empower others

E. Personality Disorder: _____

1. ___ Kids think their life is normal
2. ___ Isolate children from others
3. ___ Controlling but emotionally flat
4. ___ Everyone must live by their standards
5. ___ Children get blamed for everything
6. ___ Kids are their personal objects
7. ___ Make other people's life a living hell.
8. ___ Children are made to feel helpless

F. Personality Disorder: _____

1. ___ Concerned about everything.
2. ___ Impossible to please/calm down
3. ___ Needy, up-tight
4. ___ Insecure
5. ___ Irrational thinking
6. ___ Can't relax

G. Personality Disorder: _____

1. ___ Low self-esteem
2. ___ Require exhausting encouragement
3. ___ Fears rejection
4. ___ Insecure
5. ___ Lonely

H. Personality Disorder: _____

1. ___ Control freak
2. ___ Perfectionist
3. ___ Helpless
4. ___ Overwhelmed
5. ___ Unable to teach/but demands
6. ___ Never satisfied
7. ___ Micro manages
8. ___ Work is never good enough

I. Personality Disorder: _____

1. ___ Requires constant reassurance
2. ___ Clingy/needy
3. ___ Insecure
4. ___ Fears disapproval
5. ___ Must always be encouraged