

Are You Grown Up Inside? ©Imagine, 2012

This self-test is designed to show you whether you are emotionally immature. Many of us have never been taught to be emotionally mature because our parents weren't able to teach them because *their* parents didn't know! Some women would like to be emotionally grown up before they try to raise a child, or add a child to their existing family. If you find that you are emotionally immature (which many of us are) you can learn ways to grow up through reading or therapy. Resources follow.

Score yourself:	3 Always/Often	2 Sometimes	1 Rarely/ never
1. You are often overwhelmed	3	2	1
2. You feel/act in extremes.	3	2	1
3. You take things personally	3	2	1
4. You react rather than responding. You have no ability to pause/breathe/choose your response.	3	2	1
5. You have to MEDICATE/NUMB OUT the reality of your life by drinking, drugs, sex, romance, work, being busy, or whatever your method.	3	2	1
6. You lie about or hide your honest thoughts and feelings	3	2	1
7. You have rules that apply only to you	3	2	1
8. Your reactions are out of proportion to things that happen	3	2	1
9. You put everyone else's needs before yours	3	2	1
10. Your life is out of control	3	2	1

If you scored:

10-15—Seems as though you are a grown up most of the time in most aspects of your life.

16-20 There are times when life is difficult. In some areas of your life you just don't really feel grown up inside. Like most other people, you might benefit from some reading or therapy to learn tools that make life easier and help you grow up inside.

21-30 Life is probably a challenge for you much of the time. It is as if you are a child in a grown-up's body and you are frequently overwhelmed. There is nothing *wrong* with you— like many people, you may never have had a model for how to

be a grown up, so you haven't learned how to grow up inside. Life could be so much easier. Counseling for co-dependency recovery and reading about this common problem can transform your relationships, your work—your whole life!

Some books that may help—Available on Amazon

Dr. Charles Whitfield's, *Healing the Child Within* and *A Gift to Yourself*

Pia Mellody. *Facing Codependency* and *Breaking Free*

Anne Wilson Schaef, *Codependency, Misdiagnosed and Mistreated*