

## CHARACTERISTICS OF ADULT CHILDREN

1. Adult children guess at what normal is.
2. Adult children have difficulty in following a project through from beginning to end.
3. Adult children lie when it would be just as easy to tell the truth.
4. Adult children judge themselves without mercy.
5. Adult children have difficulty having fun.
6. Adult children take themselves very seriously.
7. Adult children have difficulty with intimate relationships.
8. Adult children over-react to changes over which they have no control.
9. Adult children constantly seek approval and affirmation.
10. Adult children usually feel that they are different from other people.
11. Adult children are either super-responsible or super-irresponsible.
12. Adult children are extremely loyal, even in the face of evidence that their loyalty is undeserved.
13. Adult children tend to lock themselves into a course of action without giving serious consideration to alternative behaviour or possible consequences. This impulsivity leads to confusion, self-loathing and loss of control over their environment. In addition they spend an excessive amount of energy cleaning up the mess.