**Adult Children of Alcoholics and Dysfunctional Families**

**General Characteristics**

1. Adult children of dysfunctional families guess at what normal behavior is.
2. Adult children of dysfunctional families have difficulty following a project through from beginning to end.
3. Adult children of dysfunctional families lie when it would be just as easy to tell the truth.
4. Adult children of dysfunctional families judge themselves without mercy.
5. Adult children of dysfunctional families have difficulty having fun.
6. Adult children of dysfunctional families take themselves very seriously.
7. Adult children of dysfunctional families have difficulty with intimate relationships.
8. Adult children of dysfunctional families overreact to changes over which they have no control.
9. Adult children of dysfunctional families constantly seek approval and affirmation.
10. Adult children of dysfunctional families usually feel that they are different from other people.
11. Adult children of dysfunctional families are super responsible or super irresponsible.
12. Adult children of dysfunctional families are extremely loyal, even in the face of evidence that the loyalty is underserved.
13. Adult children of dysfunctional families are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors 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.
14. Have more problems with sex and sexuality than others. Sexual abuse both overt and covert occur at an alarming rate in alcoholic and addicted homes.
15. Have no sense of collaboration or working with others. They are used to doing things by themselves and for themselves—this is how they survived in their chaotic families. They are cooperative with others when asked, but they rarely initiate collaboration.

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