THRIVE EMERGE

Parent Self-Assessment:
Family Dynamics That May Be Contributing to Stuckness

This self-check is not about blame – it's about awareness regarding "Is Our Family System Keeping My Neurodivergent Teen or Young Adult Stuck?"

Patterns that form under stress can unintentionally reinforce avoidance, overwhelm, and dependency. Use this tool to reflect on where your family may be caught in a loop.

Rate each item: 0 = Never | 1 = Sometimes | 2 = Often

A. Emotional Climate

1. I feel like I'm walking on eggshells around my teen/young adult.
2. Conflict feels dangerous or exhausting, so I avoid it.
3. I worry my teen/ young adult might shut down, explode, or spiral if I push them.
4. There is a general atmosphere of tension, anxiety, or unpredictability at home.

B. Communication Patterns

5. When I try to set expectations, it often leads to arguments or withdrawal.
6. I repeat myself, remind constantly, or "over-explain" because I fear they won't follow through.
7. Hard conversations get postponed or dropped to "keep the peace."
8. When my teen/ young adult gets overwhelmed, I tend to either take over or back off completely.

C. Behavioral Patterns

9. I often step in to prevent failure, disappointment, or distress.
10. I feel responsible for maintaining my teen/ young adult's motivation or emotional balance.
11. Rules and boundaries shift based on my teen/ young adult's reactions.
12. Consequences are inconsistent because I fear escalation or rupture.

D. Parent Internal Experience

13. I feel invisible or unheard in my own home.
14. I feel isolated from other parents or supports.
15. I feel traumatized by past explosions, shutdowns, or crises.
16. I feel stuck—unsure how to help without making things worse.

Scoring (gentle interpretation):

- **0–10:** Your family may have mild patterns that contribute to stuckness. Small shifts can create big change.
- **11–20:** The dynamic is likely reinforcing avoidance and overwhelm. Parent support and new strategies can open movement.

- **21–32:** You are living in a high-stress cycle that is emotionally taxing for both you and your teen. You are not alone – and this series will give you a map toward clarity, boundaries, and connection.