

Parental Blocks

It can be challenging to validate your child for a variety of reasons. Let's take a closer look at what gets in the way of you attending to your child's emotional needs and challenges.

Have a look at each of the statements below. Ask yourself to what extent the statement applies to you. Does the statement capture a block that is present for you. Place an "X" indicating how vulnerable you are to the block.

Fear of being rejected by my child					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
			Vallerable		
Fear of putting strain on my couple relationship					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Not vuinerable	A little vulnerable	Quite vuinerable	vuinerable		
Fear of alienating other children/family members					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
NOT VUITETADIE	A little vullerable		vuirierable		
Fear that my child will be seen as abnormal or mentally ill					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear that my child will miss out on normal teenage activities					
	a will miss out on non	nal teenage activities	1		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of not being able to follow through on previously set limits					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of making m	y family members "cl	hubby"/encouraging 'unhe	althy'		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
		Quite Vuirierable	Valitorabio		
Fear of causing suffering and pain to my child					
Not under angle la	A 1344 a surda av a 1 1 a		Vale seek 1:		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		

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Fear of experience	ing a breakdown				
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of being disl	iked by therapist	1 1 1	1 1		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of "babying" my child and preventing her from becoming independent					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of having to	face my own past along th	ne way	1 1		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of going into an emotion and making it worse/not knowing what to do					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
			Vaniorabio		
Fear of being blar	ned	1 1 1	1 1		
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		
Fear of being disliked by child					
Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable		

