

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

Fear of putting strain on my couple relationship

Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable

Fear of alienating other children/family members

Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable

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

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 my family members "chubby"/encouraging 'unhealthy'

Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable

Fear of causing suffering and pain to my child

Not vulnerable	A little vulnerable	Quite vulnerable	Vulnerable

Fear of experiencing a breakdown

Not vulnerable	A little vulnerable			Quite vulnerable			Vulnerable	

Fear of being disliked by therapist

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 the way

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	

Fear of being blamed

Not vulnerable	A little vulnerable			Quite vulnerable			Vulnerable	

Fear of being disliked by child

Not vulnerable	A little vulnerable			Quite vulnerable			Vulnerable	

