

WARNING SIGNS IN THE MOTHER-DAUGHTER RELATIONSHIP

WARNING SIGNS FOR DAUGHTERS					
<i>Please mark the most applicable response to each question</i>		NEVER	SOMETIMES	OFTEN	ALWAYS
1	You agree to things for your mom that violate your own boundaries to avoid a conflict.				
2	You feel responsible for your mother's happiness or mental health.				
3	Your emotions are dismissed, minimized, or ignored by your mother.				
4	You recall a childhood where your mother was absent.				
5	You remember having to make your own food or attend to your own needs from a young age.				
6	You feel like you make decisions about your life, career, or relationships to please your mom.				
7	You feel emotionally drained after long visits with your mother.				
8	When you see your mother's name on the caller ID, you feel anxiety or dread.				
9	You are drawn to fun-loving or affectionate mom characters in movies.				
10	You feel like your efforts are never good enough for your mom.				

WARNING SIGNS FOR MOTHERS					
<i>Please mark the most applicable response to each question</i>		NEVER	SOMETIMES	OFTEN	ALWAYS
1	You frequently ask your daughter for help.				
2	You expect your daughter to attend to your needs similar to a partner or spouse.				
3	You have passed on anxieties and fears to your daughter.				
4	You have shared intimate or personal details with your daughter as a confidant.				
5	You worry that you are passing on negative patterns of behavior to your daughter.				
6	You are concerned that you messed up or weren't around enough during your daughter's childhood.				
7	You put relationships like a new dating partner as a higher priority than your daughter when she was a child.				
8	You struggle with your emotions or mental health.				
9	You struggle with substance use.				
10	You feel detached and numb in your relationships, including your relationship with your daughter.				