



## Emotional Immaturity Checklist

Based on Lindsay C. Gibson's book 'Adult Children of Emotionally Immature Parents'

An **emotionally immature parent** struggles to recognize, manage, and respond to their own emotions in healthy ways. They may be self-centered, avoid responsibility, or have difficulty providing consistent emotional support and validation. This can leave their child feeling misunderstood, unsupported, and unsure how to express their own feelings safely.

This gentle checklist helps identify patterns of emotional unavailability and immaturity in parenting.

- ☐ I didn't feel listened to; I rarely received my parent's full attention.
- ☐ My parent's moods affected the whole household.
- ☐ My parent wasn't sensitive to my feelings.
- ☐ I felt like I should have known what my parent wanted without being told.
- ☐ I felt I could never do enough to make my parent happy.
- ☐ I was trying harder to understand my parent than they were trying to understand me.
- ☐ Open, honest communication with my parent was difficult or impossible.
- ☐ My parent expected people to stick to their roles and not deviate.
- ☐ My parent was intrusive or disrespectful of my privacy.
- ☐ I always felt my parent thought I was too sensitive or emotional.
- ☐ My parent played favorites.
- ☐ My parent stopped listening when they didn't like what was being said.

- ☐ I often felt guilty, stupid, bad, or ashamed around my parent.
- ☐ My parent rarely apologized or tried to repair things.
- ☐ I often felt pent-up anger toward my parent that I couldn't express.