



## COMMON CHARACTERISTICS AMONG ADULT CHILDREN OF FAMILY DYSFUNCTION

### COMMON CHARACTERISTICS AMONG ADULT CHILDREN OF FAMILY DYSFUNCTION (ACFD)

- Adult children of family dysfunction/ACFD guess at what normal is.
- Adult children of family dysfunction/ACFD have difficulty in following a project through to completion.
- Adult children of family dysfunction/ACFD lie when it would be just as easy to tell the truth.
- Adult children of family dysfunction/ACFD judge themselves without mercy.
- Adult children of family dysfunction/ACFD have difficulty having fun.
- Adult children of family dysfunction/ACFD take themselves very seriously.
- Adult children of family dysfunction/ACFD have difficulty with intimate relationships.
- Adult children of family dysfunction/ACFD over-react to changes over which they have no control.
- Adult children of family dysfunction/ACFD constantly seek approval and affirmation.
- Adult children of family dysfunction/ACFD feel that they are different from other people.
- Adult children of family dysfunction/ACFD are either super responsible or super irresponsible.
- Adult children of family dysfunction/ACFD are extremely loyal even when there is evidence that the loyalty is undeserved.
- Adult children of family dysfunction/ACFD look for immediate rather than deferred gratification.
- Adult children of family dysfunction/ACFD lock themselves into a course of action without giving serious consideration to the possible consequences, or before considering alternate behaviors.

### COMMON CHARACTERISTICS AMONG ADULT CHILDREN OF FAMILY DYSFUNCTION (ACFD) CONTINUED

- Adult children of family dysfunction/ACFD seek tension and crisis and then complain about the results.
- Adult children of family dysfunction/ACFD avoid conflict or aggravate it; rarely do they deal with it.
- Adult children of family dysfunction/ACFD fear rejection and abandonment, yet are rejecting of others.
- Adult children of family dysfunction/ACFD fear failure, but sabotage their own success.
- Adult children of family dysfunction/ACFD fear criticism and judgment, yet criticize and judge others.
- Adult children of family dysfunction/ACFD manage time poorly and do not set priorities in a way that works efficiently for them.

In order to change, adult children of family dysfunction/ACFD cannot use history as an excuse for continuing their behaviors. They learn to have no regrets for what might have been, for their experiences have shaped their talents as well as their defects of character. It is their responsibility to discover their talents, to build their self-esteem and to repair any damage done. They will allow themselves to feel their feelings, to accept them, and learn to express them appropriately. When they have begun those tasks, they will try to let go of their past and get on with the business of their life.