

FOO QUIZ

1. Do you struggle with addictive or compulsive behaviors?
2. Have you often experienced difficulty in your relationships with family, partners, or children?
3. Do you find yourself ruminating about how family members or others have treated you?
4. Have others told you that you are rigid and inflexible?
5. Do you often experience anger or emotional reactions that are out of proportion to the situation?
6. Have you struggled to forgive others and find yourself holding grudges?
7. Do you avoid commitments or taking risks in relationships?
8. Are you dissatisfied with the level of closeness or intimacy in your relationships?
9. Do you struggle with self-worth and settle for less in your relationships and life?
10. Do you often fail to ask for your needs to be met or put others needs ahead of yours?
11. Do you struggle to say no and become easily overwhelmed or burned out?
12. Do you consistently feel victimized or emotionally beat up?
13. Are you self-deprecating and label yourself in disparaging ways?
14. Do you find it difficult to make decisions or lack confidence in your beliefs?
15. Do you avoid feelings, or compartmentalize, deny, or minimize emotions?
16. Do you choose partners that abuse you emotionally, physically, or sexually?
17. Do you fear conflict and have difficulty expressing negative thoughts or feelings?
18. Is it difficult for you to compliment yourself or others or to receive compliments?
19. Do you struggle to change negative patterns in your life?
20. Are you concerned that your parenting is having a negative impact on your children?
21. Do you often suffer from impostor syndrome, think you are not good enough, or feel less than others?