

# Laundry List Exercise

Rate yourself by asking the following questions which are based on the Laundry List of Adult Children of Alcoholics and Dysfunctional Families. Before hitting submit, add up your answers. Revisit this exercise after working through the steps or after participating in meetings and therapy for 6 or more months to measure your progress.

The number next to your selection represents the value of your answer.

Lowest score = 25, Highest Score = 125

The higher your score, the more you are employing survival strategies in your current life. Use this exercise to measure your progress as you work the ACA program. The lower your score, the more progress you are making in your recovery journey.

To access a downloadable, printable version of this exercise, go to

[https://billtierneycoaching.com/wp-content/uploads/2021/01/Laundry\\_List\\_Exercise.pdf](https://billtierneycoaching.com/wp-content/uploads/2021/01/Laundry_List_Exercise.pdf)

**\* Required**

1. Laundry List Characteristic #1 We became isolated and afraid of people and authority figures. Do you isolate? \*

*Mark only one oval.*

- 1. Never/No
- 2. Rarely
- 3. Sometimes
- 4. Often
- 5. Always/Yes

2. 2. Laundry List Characteristic #1 We became isolated and afraid of people and authority figures. Are you afraid of people and authority figures? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

3. 3. Laundry List Characteristic #2 We became approval seekers and lost our identity in the process. Have you become an approval seeker? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

4. 4. Laundry List Characteristic #2 We became approval seekers and lost our identity in the process. Are you confused about who you are? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

5. 5. Laundry List Characteristic #3 We are frightened by angry people and any personal criticism. Are you frightened by angry people and any personal criticism? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

6. 6. Laundry List Characteristic #4 We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs. Do you continue to use alcohol or other drugs even though it causes problems? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

7. 7. Laundry List Characteristic #4 We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs. Have you married/partnered with someone who indulges their addiction despite the problems it causes? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

8. 8. Laundry List Characteristic #4 We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs. Have you found another compulsive personality such as a workaholic to fulfill your need to be abandoned? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

9. 9. Laundry List Characteristic #5 We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships. Do you live life from the viewpoint of a victim? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

10. 10. Laundry List Characteristic #5 We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships. Are you attracted by that victim viewpoint in your love and friendship relationships? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

11. 11. Laundry List Characteristic #6 We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves, this enables us not to look too closely at our own faults, etc. Do you have an overdeveloped sense of responsibility? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

12. 12. Laundry List Characteristic #6 We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves, this enables us not to look too closely at our own faults, etc. Is it easier to be concerned with others rather than yourself? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

13. 13. Laundry List Characteristic #7 We get guilt feelings when we stand up for ourselves instead of giving in to others. Do you get guilt feelings when you stand up for yourself instead of giving in to others? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

14. 14. Laundry List Characteristic #8 We became addicted to excitement. Are you addicted to excitement? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

15. 15. Laundry List Characteristic #9 We confuse love and pity and tend to "love" people we can "pity and "rescue." Do you confuse love and pity? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

16. 16. Laundry List Characteristic #9 We confuse love and pity and tend to "love" people we can "pity and "rescue." Do you tend to "love" people you can "pity" and "rescue?" \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

17. 17. Laundry List Characteristic #10 We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much. (Denial) Have you stuffed your feelings from childhood? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes



18. 18. Laundry List Characteristic #10 We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much. (Denial) Have you lost the ability to feel or express feelings? \*

*Mark only one oval.*

1. Never/No  
 2. Rarely  
 3. Sometimes  
 4. Often  
 5. Always/Yes

19. 19. Laundry List Characteristic #11 We judge ourselves harshly and have a very low sense of self-esteem. Do you judge yourself harshly? \*

*Mark only one oval.*

1. Never/No  
 2. Rarely  
 3. Sometimes  
 4. Often  
 5. Always/Yes

20. 20. Laundry List Characteristic #11 We judge ourselves harshly and have a very low sense of self-esteem. Do you have a very low sense of self esteem? \*

*Mark only one oval.*

1. Never/No  
 2. Rarely  
 3. Sometimes  
 4. Often  
 5. Always/Yes

21. 21. Laundry List Characteristic #12 We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us. Are you a dependent personality? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

22. 22. Laundry List Characteristic #12 We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us. Are you terrified of abandonment? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

23. 23. Laundry List Characteristic #12 We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us. Will you do anything to hold on to a relationship? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

24. 24. Laundry List Characteristic #13 Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink. Do you act in ways that are addictive? (Addictive means you have a dysfunctional habit that you are unable or unwilling to change.) \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

25. 25. Laundry List Characteristic #14 Para-alcoholics are reactors rather than actors.  
Do you find yourself reacting rather than acting? \*

*Mark only one oval.*

1. Never/No
2. Rarely
3. Sometimes
4. Often
5. Always/Yes

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