



Wounded Child Questionnaire

answer yes or no by marking the "yes" answers

A. IDENTITY

1. I experience anxiety and fear whenever I contemplate doing anything new.
2. I'm a people pleaser (nice guy/sweetheart) and have no identity of my own.
3. I'm a rebel. I feel alive when I'm in conflict.
4. In the deepest places of my secret self, I feel there is something wrong with me.
5. I'm a hoarder; I have trouble letting go of anything.
6. I feel inadequate as a man/woman.
7. I'm confused about my sexual identity.
8. I feel guilty when I stand up for myself and would rather give in to others.
9. I have trouble starting things.
10. I have trouble finishing things.
11. I rarely have a thought of my own.
12. I continually criticize myself for being inadequate.
13. I consider myself a terrible sinner and I'm afraid I'm going to hell.
14. I'm rigid and perfectionistic.
15. I feel like I never measure up; never get anything right.
16. I feel like I really don't know what I want.
17. I'm driven to be a super achiever.
18. I believe I don't really matter except when I'm sexual. I'm afraid I'll be rejected and abandoned if I'm not a good lover.
19. My life is empty; I feel depressed a lot of the time.
20. I don't really know who I am. I'm not sure what my values are or what I think about things.



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B. SOCIAL

1. I basically distrust everyone, including myself.
2. I have been or am now married to an addict.
3. I am obsessive and controlling in my relationship.
4. I am an addict.
5. I'm isolated and afraid of people, especially authority figures.
6. I hate being alone and I'll do almost anything to avoid it.
7. I find myself doing what I think others expect of me.
8. I avoid conflict at all cost.
9. I rarely say no to another's suggestions and feel that another's suggestion is almost an order to be obeyed.
10. I have an overdeveloped sense of responsibility. It is easier for me to be concerned with another than with myself.
11. I often do not say no directly and then refuse to do what others ask in a variety of manipulative, indirect, and passive ways.
12. I don't know how to resolve conflicts with others. I either overpower my opponent or completely withdraw from them.
13. I rarely ask for clarification of statements I don't understand.
14. I frequently guess at what another's statement means and respond to it based on my guess.
15. I never felt close to one or both of my parents.
16. I confuse love with pity and tend to love people I can pity.
17. I ridicule myself and others if they make a mistake.
18. I give in easily and conform to the group.
19. I'm fiercely competitive and a poor loser.
20. My most profound fear is the fear of abandonment and I'll do anything to hold on to a relationship.



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BASIC NEEDS (reduced and modified from original)

1. I am out of touch with my own basic needs. I rarely know when I am tired, hungry, in need of affection.
2. I don't like being touched
3. I often have sex when I don't really want to.
4. I have had or currently have an eating disorder.
5. I rarely know what I feel.
6. I feel ashamed when I get mad.
7. I rarely get mad, but when I do, I rage.
8. I fear other people's anger and will do almost anything to control it.
9. I am ashamed when I cry.
10. I am ashamed when I get scared.
11. I am ashamed of my bodily functions.
12. I am obsessed with specific types of sexual behaviors.
13. I have sleep disorders.
14. I spend an inordinate amount of time viewing sexual images.
15. I almost never experience unpleasant emotions.

Taken from Home Coming: Reclaiming and Championing Your Inner Child, John Bradshaw

If you answered yes to 10 or more questions, you likely have a wounded inner child, and doing some work on healing your inner child may be helpful.

