

Parent Traps

Part A. We have found it is a very normal process for caregivers to struggle with concerns that surface while engaging in the tasks of recovery. How likely are you to feel vulnerable to the following concerns when supporting your loved one's refeeding / interruption of symptoms?

1. Fear of being rejected by my loved one.

1	2	3	4	5	6	7
Not likely						Extremely likely

2. Fear of putting strain on my couple relationship.

1	2	3	4	5	6	7
Not likely						Extremely likely

3. Fear of alienating other children/family members.

1	2	3	4	5	6	7
Not likely						Extremely likely

4. Fear that my loved one will be seen as abnormal or mentally ill.

1	2	3	4	5	6	7
Not likely						Extremely likely

5. Fear that I will do/say something I will regret out of frustration or anger.

1	2	3	4	5	6	7
Not likely						Extremely likely

6. Fear that my loved one will miss out on normal activities or special occasions.

1	2	3	4	5	6	7
Not likely						Extremely likely

7. Fear of being unable to follow through on set limits for health (activity/eating).

1	2	3	4	5	6	7
Not likely						Extremely likely

8. Fear of making my loved one "chubby"/encouraging "unhealthy" foods.

1 2 3 4 5 6 7

Not likely

Extremely likely

9. Fear of causing suffering to my loved one/family.

1 2 3 4 5 6 7

Not likely

Extremely likely

10. Fear of breaking down or burning out throughout the process.

1 2 3 4 5 6 7

Not likely

Extremely likely

11. Fear of pushing my loved one "too far" with treatment (leading to depression/running away/suicide).

1 2 3 4 5 6 7

Not likely

Extremely likely

12. Fear of "babying" my loved one and preventing her/him from becoming independent.

1 2 3 4 5 6 7

Not likely

Extremely likely

13. Fear of having to face my own past along the way.

1 2 3 4 5 6 7

Not likely

Extremely likely

14. Fear that my loved one's symptoms will shift (e.g. go from restricting to purging).

1 2 3 4 5 6 7

Not likely

Extremely likely

15. Fear of being blamed or being to blame.

1 2 3 4 5 6 7

Not likely

Extremely likely

Part B. We have also found it is a very normal process for caregivers to struggle with concerns that surface while engaging in the tasks of emotion coaching and relationship repair. How likely are you to feel vulnerable to the following concerns when supporting your loved one with emotion coaching and relationship repair?

1. I'm afraid I will never be able to learn the skills - it's just not in me.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

2. I don't believe her/his feelings are what they should be and so I don't want to go there.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

3. My own emotional struggles make it harder to have the energy to be there for her/him.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

4. I'm afraid to attend to the emotion and make it worse.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

5. I'm afraid it will hurt too much to relive the pain from the past.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

6. I'm afraid that if I go to the emotion, the distress could lead her/him to depression, or she/he could shut me out completely.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

7. I'm afraid I will feel rejected if she/he shuts me down, criticizes me or dismisses my attempts.

1	2	3	4	5	6	7
Not likely				Extremely Likely		

8. I'm afraid that if I validate her/his feelings, it will feel like I am agreeing or giving in to her/him.

1 2 3 4 5 6 7

Not likely

Extremely Likely

9. I'm afraid if I validate her/his feelings, it will make it feel real.

1 2 3 4 5 6 7

Not likely

Extremely Likely

10. My worst fears will have come true – I will be to blame. Others will blame me.

1 2 3 4 5 6 7

Not likely

Extremely Likely

11. I'm afraid that too much soothing will prevent her/him from becoming independent.

1 2 3 4 5 6 7

Not likely

Extremely Likely

12. If it's not my fault, I don't want to apologize for the path her/his life has taken.

1 2 3 4 5 6 7

Not likely

Extremely Likely