



## Does Your Partner Have Arrested Development?

1. Does your partner struggle to take responsibility for their actions, often blaming others or circumstances instead? ☐ Yes ☐ No ☐ Sometimes
2. Do they avoid difficult conversations or shut down emotionally when conflict arises? ☐ Yes ☐ No ☐ Sometimes
3. Do they rely on you to manage basic life tasks, emotional regulation, or decision-making? ☐ Yes ☐ No ☐ Sometimes
4. Do they react with defensiveness, sarcasm, or withdrawal when you express a need or boundary? ☐ Yes ☐ No ☐ Sometimes
5. Do they seem stuck in patterns of behavior that resemble adolescence—such as impulsivity, avoidance, or entitlement? ☐ Yes ☐ No ☐ Sometimes
6. Do they resist growth, feedback, or self-reflection, even when it's offered with compassion? ☐ Yes ☐ No ☐ Sometimes
7. Do you feel more like a parent or caretaker than an equal partner in the relationship? ☐ Yes ☐ No ☐ Sometimes
8. Do they struggle to empathize with your emotional experience unless it directly affects them? ☐ Yes ☐ No ☐ Sometimes
9. Do they prioritize short-term comfort or pleasure over long-term relational health or accountability? ☐ Yes ☐ No ☐ Sometimes
10. Despite repeated emotional stagnation, do you find yourself hoping they'll mature if you're patient or supportive enough? ☐ Yes ☐ No ☐ Sometimes

**Are Your Answers Mostly “Yes”?:** These patterns may indicate emotional immaturity or arrested development. Consider how this impacts relational balance, safety, and growth.

**Are Your Answers Mostly Sometimes”?:** You may be navigating inconsistent maturity. Reflect on how this affects your emotional labor and expectations.

**Are Your Answers Mostly No?”:** Your relationship may not be characterized by arrested development, but continued self-awareness and boundary clarity are always beneficial.

*This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.*