



Survivors of Parental Trauma Checklist

Instructions: Use this checklist to evaluate emotional safety, consistency, respect, availability, and value alignment in any relationship. Check off what's present, flag what's missing, and note patterns over time.

EMOTIONAL SAFETY

- ☐ Responds calmly to conflict
- ☐ Owns mistakes without defensiveness
- ☐ Validates your emotions
- ☐ Respects your boundaries
- ☐ Doesn't weaponize your vulnerability
- ☐ You feel safe expressing anger, fear, or sadness

Red Flags:

- ☐ Blame-shifting or gaslighting
- ☐ Emotional volatility or yelling
- ☐ Minimizing or mocking your feelings

CONSISTENCY

- ☐ Follows through on promises
- ☐ Communicates reliably
- ☐ Shows up emotionally and physically
- ☐ Behavior matches words over time
- ☐ You don't feel confused or destabilized

Red Flags:

- ☐ Hot-cold behavior
- ☐ Ghosting or sudden withdrawal
- ☐ Love-bombing followed by neglect

MUTUAL RESPECT

- ☐ Respects your autonomy and time
- ☐ Doesn't pressure you to change
- ☐ Accepts "no" without punishment
- ☐ Listens without interrupting or dominating
- ☐ You feel like an equal, not a subordinate

Red Flags:

- ☐ Controlling behavior
- ☐ Guilt-tripping or emotional manipulation
- ☐ Disregard for your boundaries

EMOTIONAL AVAILABILITY

- ☐ Shares feelings openly
- ☐ Can sit with discomfort
- ☐ Doesn't avoid intimacy
- ☐ Responds to your emotional needs
- ☐ You feel emotionally seen and held

Red Flags:

- ☐ Avoidance or shutdowns
- ☐ Inability to name or express emotions
- ☐ Deflects vulnerability with humor or logic

SHARED VALUES

- ☐ Core beliefs align (e.g., honesty, growth, family)
- ☐ Future goals are compatible
- ☐ Lifestyle preferences are respected
- ☐ You feel spiritually or ethically aligned
- ☐ Differences are navigated with respect

Red Flags:

- ☐ Vague or shifting values
- ☐ Pressure to conform
- ☐ Dismissive of your beliefs or goals

NON-NEGOTIABLES (Write Yours Below)

- 1.
- 2.
- 3.
- 4.
- 5.

BODY CHECK-IN (After Each Interaction)

- ☐ I felt emotionally safe
- ☐ I felt seen and respected
- ☐ I did not have to perform or shrink
- ☐ My body felt calm and regulated

FINAL REFLECTION

- ☐ Do I feel more like myself around this person?
- ☐ Do I trust them with my truth?
- ☐ Do I feel peace—not just passion—when we're together?