



## King Baby Syndrome: Self-Reflection Worksheet

*Adapted from the recovery concepts of Tom Cunningham and the "Emotional Maturity" model.*

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### What is "King Baby"?

"King Baby" (or Queen Baby) is a term used in addiction recovery to describe a specific type of emotional immaturity. It refers to the part of us that may have stopped growing emotionally when addiction took over. The King Baby often feels that the world should revolve around them, struggling with rules, criticism, and delayed gratification.

**The Goal:** The goal of this worksheet is not to shame you, but to help you identify where "childish" traits might be sabotaging your adult relationships and recovery.

### Part 1: The Assessment

**Instructions:** Read each statement carefully. Be honest—no one has to see this but you. Rate how often it applies to you using the scale below:

**1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always**

Statement	Rating (1-5)
1. I become frustrated or angry when I don't get what I want immediately.	
2. I find it difficult to admit when I've made a mistake.	
3. I expect others to cater to my needs without considering theirs.	
4. I struggle to control my emotions, especially when things don't go my way.	
5. I secretly believe I am more special or important than others.	
6. I have trouble accepting criticism or feedback without getting defensive.	
7. I often blame others (boss, spouse, parents) for my problems.	



Statement	Rating (1-5)
8. I feel entitled to break rules that "ordinary" people have to follow.	
9. I expect people to read my mind or know what I need without me asking.	
10. I have extreme difficulty waiting for things I want (low frustration tolerance).	
11. I often feel that the world owes me a break.	
12. I struggle to empathize with others' feelings when I am upset.	
13. I tend to exaggerate my achievements or talents to impress people.	
14. I have unrealistic expectations of how relationships "should" be.	
15. I view people as either "with me" or "against me" (black-and-white thinking).	

**TOTAL SCORE:** \_\_\_\_\_

## Part 2: Scoring & Interpretation

**15 - 30: The Mature Adult** You generally operate with emotional sobriety. You likely accept responsibility for your actions and can handle not getting your way without spiraling.

**31 - 45: The Emerging Adult** You have moments of maturity, but stress or triggers can cause you to slip back into childish behaviors. Pay attention to your triggers (Hunger, Anger, Loneliness, Tiredness).

**46 - 60: The King Baby Traits are Active** You are likely struggling with relationships and authority. Your ego may be protecting you, but it is also isolating you. You may feel misunderstood often.



**61 - 75: High Indication of King Baby Syndrome** Your happiness is currently dependent on external things (people complying with you, getting what you want). This is a dangerous place for recovery as it often leads to relapse when the world says "no."

### Part 3: Turning "King Baby" into "King/Queen Adult"

Identify your top 3 highest-rated behaviors from the list above. Write them down, and then write the **Opposite Action** (what a mature adult would do).

**Example:**

- *My Behavior:* (Rated 5) I get angry when I have to wait in line.
- *The Mature Action:* I accept that I am not more important than the other people in line. I will practice patience or bring a book next time.

1. **My Behavior:** \_\_\_\_\_

**The Mature Action:** \_\_\_\_\_

2. **My Behavior:** \_\_\_\_\_

**The Mature Action:** \_\_\_\_\_

3. **My Behavior:** \_\_\_\_\_

**The Mature Action:** \_\_\_\_\_