

FREE SELF-CHECK

Is your care love — or anxiety in disguise?

Erich Fromm described love not as a feeling that simply arrives, but as an active practice built on care, responsibility, respect, and knowledge. Are your everyday moments with your child rooted in love, or in a quiet need to settle your own worry? Take an honest, unhurried look with these seven questions.

! This isn't a score. There's no "good" or "bad" number of boxes to tick. Use it to notice **which way your instincts are leaning right now** — not to grade yourself as a parent.

- ☐ 01 I answer for my child, even on things they could decide themselves.
- ☐ 02 I feel a strong pull to step into my child's friendships.
- ☐ 03 When my child is about to stumble, I jump in with my hands or my words.
- ☐ 04 I layer my own hopes onto my child's future or path.
- ☐ 05 I use "because I'm worried" as a reason to limit what my child does.
- ☐ 06 I offer my opinion before I've really heard my child's.
- ☐ 07 I feel a vague unease as my child grows more independent of me.

A note to yourself

Which question caught in your chest the most? Write down why — gently, and without blame.
