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SELF ASSESSMENT



Understanding Your Reactions

A Self-Assessment for Moms of Explosive Boys



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ABOUT THIS ASSESSMENT

If you're the mom of a boy whose meltdowns feel impossible to manage, you've probably spent a lot of time trying to figure out what's wrong with him.

This assessment invites you to look at a different piece of the picture – what's happening in you when things escalate, and how your own history may be shaping your responses in ways you haven't fully recognized yet.

There are no right or wrong answers. Answer as honestly as you can based on what's actually happening at home, not how you think you should be responding.



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INSTRUCTIONS

For each statement, choose the response that best reflects your experience: **1 = Rarely** **2 = Sometimes** **3 = Often**

SECTION 1 – YOUR SON’S BEHAVIOUR

1. My son's meltdowns seem to come out of nowhere and escalate quickly.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

2. My son has difficulty recovering after a meltdown and stays dysregulated for a long time.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

3. My son reacts intensely to things that seem small or minor to me.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

4. My son's behavior affects the rest of the family, including siblings and my partner.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

5. I feel like I'm walking on eggshells at home, waiting for the next explosion.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often



For each statement, choose the response that best reflects your experience: **1 = Rarely** **2 = Sometimes** **3 = Often**

SECTION 2 – YOUR REACTIONS

6. When my son starts to escalate, I feel my body react before I have a chance to think.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

7. I say or do things during my son's meltdowns that I regret afterward.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

8. My reaction to my son's behavior feels bigger than the situation warrants.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

9. I find it hard to stay calm when my son is dysregulated, even when I know that's what he needs.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often

10. After a hard moment with my son, I feel guilt, shame, or a sense that I'm failing him.

☐ 1 – Rarely ☐ 2 – Sometimes ☐ 3 – Often



For each statement, choose the response that best reflects your experience: **1 = Rarely** **2 = Sometimes** **3 = Often**

SECTION 3 – YOUR HISTORY

11. There are moments with my son that remind me of difficult experiences from my own childhood.

☐ **1 – Rarely** ☐ **2 – Sometimes** ☐ **3 – Often**

12. I notice that certain tones of voice, expressions, or situations with my son trigger something old in me.

☐ **1 – Rarely** ☐ **2 – Sometimes** ☐ **3 – Often**

13. I carry anxiety or stress about my son's behavior even when things are calm.

☐ **1 – Rarely** ☐ **2 – Sometimes** ☐ **3 – Often**

14. I find it hard to ask for help or admit how hard things are at home.

☐ **1 – Rarely** ☐ **2 – Sometimes** ☐ **3 – Often**

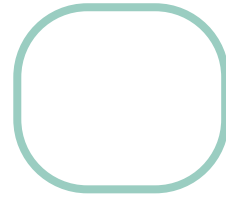
15. I wonder whether my own history is part of what's making this so hard.

☐ **1 – Rarely** ☐ **2 – Sometimes** ☐ **3 – Often**



YOUR RESULTS

Add up your total score from all 15 questions:



15 – 22: You’re Holding It Together – But You’re Tired

Things aren't falling apart, but they're not okay either.

You've found ways to manage the day-to-day, but the effort it takes is quietly wearing you down.

You might not even have the words for how hard it's been, because on the outside, you're keeping it together.

That gap — between how things look and how they actually feel — is worth paying attention to.

This is often the stage where a little support goes the furthest, before things get harder to untangle.



YOUR RESULTS

23 - 34: The Cracks Are Starting To Show

You're feeling the weight of this in real ways — in your body, in your reactions, in your relationship with your son.

There are probably patterns between the two of you that have become hard to break, and your own history may be making it harder to stay calm than you'd like to admit.

This isn't a character flaw.

It's what happens when a dysregulated child and an exhausted mom keep triggering each other with no roadmap out.

Trauma-informed therapy is designed specifically for this.



YOUR RESULTS

35 - 45: You're Running On Empty

What you're carrying right now is significant — and it goes deeper than parenting strategies can reach.

The connection between your son's dysregulation and your own reactions has likely become a cycle that's hard to interrupt on your own, no matter how hard you try.

You're not failing. You're dealing with something that was never going to respond to consequences, sticker charts, or sheer willpower.

You don't have to keep doing this alone, and you don't have to wait until things get worse to get support.



A NOTE BEFORE YOU GO

Whatever your score, taking the time to answer these questions honestly matters.

Most moms spend years trying to fix their son's behavior without ever looking at what's happening in themselves. You're already doing something different.

If anything here resonated, a free 15-minute consultation is a low-pressure next step.

We'll talk about what's been happening at home, what your score might be pointing to, and whether trauma-informed therapy feels like the right fit for where you are right now.

No commitment required.

**CLICK HERE TO SCHEDULE A FREE
15MINS CONSULTATION**

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