



Intuitive
Pathways
Recovery

Mother Hunger

Do you identify with Mother Hunger?

The following questions are designed to be used as guidelines to identifying possible signs of mother hunger. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many sex addicts and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Please circle all questions that are a “YES” for you.

1. Do you often feel a deep sense of isolation from your family and friends?
2. Do you have a sharp awareness of death?
3. Do you find yourself feeling like you can't move forward?
4. Do you notice that you feel younger than your friends, but often act more mature?
5. Do you find yourself seeking an emotionally satisfying relationship, but continue to pick partners and friends that cannot meet your needs?
6. Do you feel an intense fear of abandonment and anxiety being in relationships?
7. Do you often times feel confused on how to sustain a relationship?
8. Do you often feel depleted and drained from relationships because you give everything to them?
9. Do you find yourself giving extreme amounts of love and support in relationships and feeling neglected because your partner is unable to give you the same attention and affection?
10. Do you find yourself deeply craving a healthy safe bond with a mate yet if you meet someone with that potential you find many ways to leave them or push them away?

Total Score for All Circled Items: _____

To understand where you are on the spectrum of mother hunger, please contact us so we can give you more information on the test.

Our therapists at Intuitive Pathways Recovery are available to speak to you about your test score. Call us now for further information 713-213-7810.