

King Baby Syndrome

Entitlement and emotional immaturity

Printable worksheet · 6 parts

Name _____ Date _____

King Baby Recovery Assessment

Understanding and Overcoming King Baby Syndrome in Recovery

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Comprehensive recovery resources by Sheamus

Licensed Therapist (MA, LCADC)

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PART 1 OF 6

Overview

Understanding King Baby Syndrome

King Baby syndrome represents a constellation of behavioral and emotional patterns that significantly impact addiction and recovery. This comprehensive assessment tool helps identify these patterns and provides practical strategies for personal growth.

What is King Baby Syndrome?

Originally identified in addiction recovery contexts, King Baby syndrome describes adults who exhibit emotional and behavioral patterns typical of a spoiled, entitled child.

- Demand for immediate gratification
- Difficulty accepting responsibility
- Poor emotional regulation
- Unrealistic expectations
- Narcissistic tendencies

Why It Matters in Recovery

These traits can significantly complicate recovery by:

- Preventing problem acknowledgment
- Interfering with treatment engagement
- Disrupting supportive relationships
- Increasing relapse risk
- Blocking personal growth

Your Assessment Summary

Total King Baby Score

0/160

Demand for Immediate Gratification

0/40

Low

Difficulty Accepting Responsibility

0/40

Low

Emotional Regulation Struggles

0/40

Low

Unrealistic Expectations

0/40

Low

☐ Take Assessment

Historical Context

The term "King Baby" finds its origins in the psychoanalytic work of Sigmund Freud, who initially explored concepts of infantile narcissism. However, it was Tom Cunningham, an Alcoholics Anonymous (AA) member, who popularized the term within the context of addiction through his 1986 pamphlet "King Baby Syndrome."

This adaptation of Freud's concept to addiction psychology marked a significant development in understanding the emotional and behavioral underpinnings of substance abuse. The syndrome is theorized to stem from arrested emotional development, potentially rooted in childhood trauma, overindulgent parenting, lack of healthy boundaries, or failure to develop adequate coping mechanisms.

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Assessments

King Baby Syndrome Assessments

Complete these assessments to identify behavioral patterns that may impact your recovery. Rate each statement honestly on a scale of 0-4.

Rating Scale

0. Never true for me 1Rarely true for me 2Sometimes true for me 3Often true for me 4Always true for me

Demand for Immediate Gratification

This assessment evaluates your tolerance for discomfort and tendency to seek immediate relief or pleasure.

Score

0/40

Difficulty Accepting Responsibility

This assessment examines your tendency to blame others and difficulty accepting accountability for your actions.

Score

0/40

Emotional Regulation Struggles

This assessment measures your ability to manage and regulate your emotions effectively.

Score

0/40

Unrealistic Expectations

This assessment evaluates your tendency to have unrealistic expectations of others, life, and yourself.

Score

0/40

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Stories

Recovery Narratives

These stories illustrate how King Baby syndrome manifests in real addiction and recovery experiences. They offer valuable insights for understanding your own patterns.

Jack's Story: The Reign of King Baby

Sarah's Story: The Crown of Denial

Michael's Story: The Reluctant Monarch

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Worksheets

Recovery Worksheets

These practical exercises help you develop specific skills to address King Baby traits in your daily recovery.

Addressing Immediate Gratification

Discomfort Tolerance Building

List 3 situations where you seek immediate relief and alternative responses:

Alternative response...

Alternative response...

Alternative response...

Delayed Gratification Practice

Identify 3 small ways to practice waiting this week:

Craving Surfing

When cravings hit, describe what you notice in your body and mind:

Developing Personal Responsibility

Blame to Ownership

Rewrite 3 blame statements as ownership statements:

Taking responsibility...

Taking responsibility...

Taking responsibility...

Daily Accountability

List 3 areas where you'll take responsibility this week:

Amends Planning

Identify someone you need to make amends to and why:

Building Emotional Regulation

Emotion Tracking

Track your emotions for one day (morning, afternoon, evening):

Coping Skills Toolbox

List 5 healthy ways to manage difficult emotions:

Trigger Management

Identify 3 emotional triggers and response plans:

Developing Realistic Expectations

Expectation Reality Check

List 3 unrealistic expectations and their realistic alternatives:

Gratitude Practice

List 5 things you're grateful for (despite imperfections):

Acceptance Exercise

Identify 3 life realities you struggle to accept:

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Progress saved automatically

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Progress

Progress Tracking

Track your King Baby assessment scores over time to identify patterns and celebrate improvements.

No progress entries yet.

Complete your assessments and click "Save Current Progress" to start tracking!

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Resources

Recovery Resources

Essential information and strategies for addressing King Baby syndrome in your recovery journey.

Treatment Approaches

Cognitive-Behavioral Therapy (CBT)

Helps challenge and restructure distorted thinking patterns associated with King Baby traits, including unrealistic expectations and blame-shifting.

Group Therapy

Provides peer feedback and support, helping identify narcissistic behaviors and develop healthier interpersonal skills.

Mindfulness Practices

Increases self-awareness, improves emotional regulation, and develops tolerance for discomfort without immediate action.

12-Step Programs

Addresses core issues of humility, personal responsibility, and making amends - directly challenging King Baby traits.

Daily Recovery Strategies

Morning Practices

- Gratitude journaling (5 minutes)
- Set realistic expectations for the day
- Practice mindfulness meditation
- Review recovery goals

Throughout the Day

- Pause before reacting to frustrations
- Practice "HALT" check (Hungry, Angry, Lonely, Tired)
- Use "I" statements in conflicts
- Acknowledge one mistake without blame

Evening Reflection

- Review emotional responses from the day
- Identify one area where you took responsibility
- Note any unrealistic expectations you held
- Plan one delayed gratification for tomorrow

Weekly Goals

- Attend support group meetings
- Practice one new coping skill
- Make one amend or repair one relationship
- Complete King Baby assessment review

Crisis Resources

National Suicide Prevention Lifeline: 988

SAMHSA National Helpline: 1-800-662-HELP (4357)

Crisis Text Line: Text HOME to 741741

Emergency: 911

Remember: Asking for help is a sign of strength, not weakness.

Your Personal Action Plan

Based on your assessments, what is your highest priority King Baby trait to address?

Which trait scored highest or causes the most problems?

What three specific actions will you take this week?

1.\n2.\n3.

Who will you reach out to for support?

Sponsor, therapist, friend, family member...

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