

# DOES YOUR ADULT CHILD HAVE FAILURE TO LAUNCH SYNDROME?



Read each statement and check the boxes that apply. This checklist is not a diagnostic tool but can help determine whether your adult child has failed to launch. Call Icarus Behavioral Health at 702.723.4774 for a professional assessment.

- DIFFICULTY WITH SETTING/ACHIEVING GOALS.
- RELIES ON FAMILY FOR FINANCIAL SUPPORT BEYOND TYPICAL AGE.
- AVOIDS EMPLOYMENT OR EDUCATION.
- STRUGGLES TO MANAGE STRESS OR SETBACKS WITHOUT HELP.
- LIMITED SOCIAL LIFE OR CONNECTIONS OUTSIDE THE HOME.
- EXPRESSES LOW SELF-ESTEEM OR FREQUENT SELF-DOUBT.
- FEARS DECISION-MAKING.
- DOESN'T HONOR FAMILY BOUNDARIES.
- SUSPECTED USE OF ALCOHOL OR DRUGS TO COPE WITH LIFE.
- LITTLE TO NO INTEREST IN BECOMING INDEPENDENT.
- GETS OVERWHELMED OR FRUSTRATED.
- GIVES UP QUICKLY WHEN TRYING SOMETHING NEW.
- DOESN'T HELP AROUND THE HOUSE, DESPITE ALWAYS BEING HOME.
- FEARS LEAVING THE FAMILY HOME TO LIVE ALONE.
- DOES NOT MANAGE FINANCES WISELY.

## SCORING YOUR RESULTS

**0-3 Checks:** Low concern; some hesitation and struggles are typical. Support their independence and growth.

**4 - 6 Checks:** Moderate concern; consider support options like coaching or seeing a counselor to build confidence.

**7+ Checks:** High concern; significant difficulties transitioning into adulthood. Icarus Nevada's Failure to Launch program addresses underlying issues and helps build confidence.