

The Peter Pan Syndrome

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
When my partner makes a mistake, they overreact, either exaggerating their guilt or searching for excuses to absolve themselves of any blame.	0	1	2	3	4
My partner forgets important dates, such as anniversaries or birthdays.	0	1	2	3	4
In social gatherings, my partner ignores me but does their best to impress other people, especially those they are attracted to.	0	1	2	3	4
My partner finds it almost impossible to say, "I'm sorry".	0	1	2	3	4
My partner expects me to have sex when they want to, giving little thought to my needs for foreplay, romance or intimacy.	0	1	2	3	4
My partner goes out of their way to help their friends but fails to do the little things I ask them to do.	0	1	2	3	4
My partner shows concern for me and my problems and feelings only after I've complained about my problems and feelings being ignored.	0	1	2	3	4
My partner initiates an activity or outing only if it's something they want to do.	0	1	2	3	4
My partner seems to find it extremely difficult to express their feelings.	0	1	2	3	4
My partner yearns to be close to one or both parents. Yet they never talk with them about anything else other than vague or superficial things.	0	1	2	3	4
My partner doesn't listen well to opinions that differ from their own.	0	1	2	3	4
My partner has uncalled-for flashes of rage during which they refuse to calm down.	0	1	2	3	4
My partner is intimidated by the wishes and demands of one or both of their parents to the point that I get upset about their demanding behavior.	0	1	2	3	4
My partner feels their skills are being wasted in their job. Yet they fail to do anything about it except complain.	0	1	2	3	4
My partner is devoid of sincerity and warmth in relating to other people.	0	1	2	3	4
My partner has a problem with anger or rage.	0	1	2	3	4
My partner gets defensive or always has an excuse for why they didn't do what they said they were going to do.	0	1	2	3	4
When my partner drinks, their personality seems to change a lot. They have a temper, act extremely self-confident or unrealistically happy.	0	1	2	3	4
My partner feels that they must not miss any fun or event with one or more of their children.	0	1	2	3	4
My partner has old-fashioned beliefs that I should be the only one of us that just "stays at home and cleans" or "works and earns an income".	0	1	2	3	4
My partner has unexplained fears and lacks self-confidence, yet refuses to talk about it.	0	1	2	3	4
My partner accuses me of getting too emotional. Yet when I get angry, my partner just sits there like a stone.	0	1	2	3	4

Suggested Scoring

- 0 – 49 Not a Peter Pan Syndrome (PPS) victim. Your partner's problems tend to be isolated and are not very serious. If there is a bothersome situation, talk with them about it. Most likely it can be resolved in a spirit of love and cooperation.
- 50 – 72 The Peter Pan Syndrome (PPS) is definitely a threat. There are steps you can take to improve the situation, but the higher the score within this category, the harder you must be willing to work. You will also have to work on yourself in order for this to be successful.
- 73 – 88 The Peter Pan Syndrome (PPS) is functioning. If your partner won't seek help for their problems, you should probably talk with a professional about what you can do to cope with the situation.

Test scores are intended to be interpreted by a mental health professional only.
Anyone with a persistent score above 60 may benefit from professional treatment.

Adapted from "The Peter Pan Syndrome: Men Who Have Never Grown Up" by Dan Kiley (1983)