

Parenting Self-Assessment

Pre/Post Self-Assessment **Name:** _____ **Date:** ___/___/___

<u>Current State of Parenting</u>	<u>Circle Level of Current Experience</u>									
Combative.....	1	2	3	4	5	6	7	8	9	10
Argumentative.....	1	2	3	4	5	6	7	8	9	10
Punishment - loss of privilege.....	1	2	3	4	5	6	7	8	9	10
Punishment - withdraw relationship.....	1	2	3	4	5	6	7	8	9	10
Punishment – corporal.....	1	2	3	4	5	6	7	8	9	10
Punishment – isolation.....	1	2	3	4	5	6	7	8	9	10
Controlling.....	1	2	3	4	5	6	7	8	9	10
Correcting.....	1	2	3	4	5	6	7	8	9	10
Criticizing.....	1	2	3	4	5	6	7	8	9	10
Overwhelmed.....	1	2	3	4	5	6	7	8	9	10
Hopeless.....	1	2	3	4	5	6	7	8	9	10
Uncooperative.....	1	2	3	4	5	6	7	8	9	10
Unproductive interactions.....	1	2	3	4	5	6	7	8	9	10
Rebellion.....	1	2	3	4	5	6	7	8	9	10
Personal safety at risk.....	1	2	3	4	5	6	7	8	9	10
Child safety at risk.....	1	2	3	4	5	6	7	8	9	10
Disrespect.....	1	2	3	4	5	6	7	8	9	10
Illegal activity.....	1	2	3	4	5	6	7	8	9	10
Negative interactions.....	1	2	3	4	5	6	7	8	9	10

<u>Personal Emotional Condition</u>										
Anxiety, Worry.....	1	2	3	4	5	6	7	8	9	10
Panic.....	1	2	3	4	5	6	7	8	9	10
Fear.....	1	2	3	4	5	6	7	8	9	10
Resentment.....	1	2	3	4	5	6	7	8	9	10
Depression.....	1	2	3	4	5	6	7	8	9	10
Grief.....	1	2	3	4	5	6	7	8	9	10
Guilt.....	1	2	3	4	5	6	7	8	9	10
Hopelessness/Despair.....	1	2	3	4	5	6	7	8	9	10
Anger.....	1	2	3	4	5	6	7	8	9	10
Lack of confidence.....	1	2	3	4	5	6	7	8	9	10
Stress.....	1	2	3	4	5	6	7	8	9	10
Isolation, loneliness.....	1	2	3	4	5	6	7	8	9	10
Rejection.....	1	2	3	4	5	6	7	8	9	10
Hurt feelings.....	1	2	3	4	5	6	7	8	9	10

<u>Spiritual Wellbeing</u>										
Distant from God.....	1	2	3	4	5	6	7	8	9	10
Not trusting God.....	1	2	3	4	5	6	7	8	9	10
Spiritually dry.....	1	2	3	4	5	6	7	8	9	10
Angry at God.....	1	2	3	4	5	6	7	8	9	10
Fearful of God.....	1	2	3	4	5	6	7	8	9	10
Lacking discernment.....	1	2	3	4	5	6	7	8	9	10