

PARENT SURVEY

The following questions are intended to stimulate thought in regards to what you do and don't do as a parent. Ego does not belong here. There are no wrong answers. The goal is to be better at who you are as a parent. If some questions irritate you that's ok. Go ahead answer the questions, challenge yourself.

Your name? _____ age _____ email _____

1. What do you want out of your life?

2. Do you want to do any of the following?

- ☐ Exercise more
- ☐ Eat better
- ☐ Increase emotional control
- ☐ Be happier
- ☐ Have peace of mind
- ☐ Have better relationships
- ☐ Reduce anger or fear
- ☐ Increase self-control
- ☐ Improve as a person

3. What are you trying to accomplish this year?

4. What three things that worry you the most?

5. Do you have family meetings?

☐ YES ☐ NO

If yes how often?

☐ once a week ☐ once a month ☐ only when necessary

6. Are you a happy person?

☐ YES ☐ NO

Why or why not?

7. What three things do your friends like about you?

8. How is our relationship with your children?

☐ great ☐ fair ☐ needs work

9. How is our relationship with your spouse?

☐ great ☐ fair ☐ needs work ☐ single parent

10. Do you have regular discussions on different issues and values? (Not comments, discussions)

☐ YES ☐ NO

11. Do you discuss what you expect of each other, parent/child?

☐ YES ☐ NO

12. How well do you control your emotions?

☐ great ☐ fair ☐ needs work

13. Do you discuss emotions, anger and fear, how to recognize them, with your children?

☐ YES ☐ NO

14. Do you have talks about communicating feelings with each other?

☐ YES ☐ NO

15. Do you have difficulty communicating with your child?

☐ YES ☐ NO

If so why?

16. Do you do everything for yourself that needs to be done each day in an effort to teach your children the same?

☐ YES ☐ needs work

17. Do you talk about how to establish and write down goals properly?

☐ YES ☐ NO

Would you like to learn?

☐ YES ☐ NO

18. Do you establish a means for accountability for yourself and your children?

☐ YES ☐ NO

19. Do you talk about important character traits and why they are important?

☐ YES ☐ NO

20. Do you recognize your morning mood and understand how it might affect your day.

☐ YES ☐ NO

21. Have you ever taken a course in yourself?

☐ YES ☐ NO

Would you like to?

☐ YES ☐ NO

22. Do you read with your child?

23. ☐ YES ☐ NO

24. List three things you like to do?

25. Do you recognize when you are angry?

☐ YES ☐ NO

26. Is it ok to feel angry?

☐ YES ☐ NO

27. How do you react when you are angry?

☐ lose focus ☐ lose temper ☐ in control ☐ shrink inward

28. Would you like to deal with anger better?

☐ YES ☐ NO

29. Do you recognize when you are fearful?

☐ YES ☐ NO

30. Is it ok to feel afraid?

☐ YES ☐ NO

31. Are you anxious or afraid often?

☐ YES ☐ NO

32. Do you recognize peer pressure?

☐ YES ☐ NO

If yes about what?

33. What does it mean to be wrong?

34. Is it ok to be wrong?

☐ YES ☐ NO

35. How do you react to being wrong?

36. How many hours of TV do you watch each day?

☐ 0 ☐ 1 ☐ 3 ☐ 4 or more

37. Do you know your child's best friends name?

☐ YES ☐ NO

38. What do you do to make yourself a better person?

☐ YES ☐ NO

39. List three things you would like to improve anything in your life?

40. Do you have all the knowledge and skill to raise your child in the best way?

☐ YES ☐ NO

Would you like to improve your parenting skills?

☐ YES ☐ NO

41. Would you like help with any aspect of your or your child's life?

☐ YES ☐ NO

42. Would you like us to contact you and have a discussion about your responses to this form?

☐ YES ☐ NO

If yes how should we contact you?

☐ Skype ☐ phone number _____

Thank you for your time. I hope answering these questions was insightful. We are here if you would like to challenge yourself further.

With Faith and Gratitude

Lou Sottii