GOAL ACTIVITY SHEET

What do you want different, better or changed when this class is over?
Please list at least one goal in terms of your relationship with your child/children, parenting skills or techniques, communication/interactions, compliance/cooperation.

1.

2.

3.
Parents' Stress

1. I feel overwhelmed with responsibilities.
2. I feel depressed and unhappy.
3. I am physically unhealthy.
4. It seems like I am not taking care of myself.
5. I use drugs and/or alcohol too often.
6. I have recently experienced stressful life events (e.g., loss of job, death of significant person, divorce, etc.).
7. My spouse/partner and I don’t communicate (if applicable).
8. My child is very difficult to discipline.
9. My spouse/partner and I don’t agree on parenting issues (if applicable).
10. I feel like I have no support and I am all alone.

Total score

Parents' Thoughts

11. I often have the thought, “My child is behaving like a brat.”
12. I often have the thought, “My child does it on purpose.”
13. I often have the thought, “My child is the cause of all our family problems.”
14. I often have the thought, “If I wasn’t such a poor parent, my child would be better off.”
15. I often have the thought, “It is his/her fault (other parent/guardian) that my child is this way.”
16. I often have the thought, “My child’s future is bleak; he/she will probably be irresponsible, a criminal, a high school dropout (etc.) when grown up.”
17. I often have the thought, “My child should behave like other children; I shouldn’t have to teach my child how to behave.”
18. I often have the thought, “Our family is a mess.”
19. I often have the thought, “I give up; there is nothing more I can do for my child.”
20. I often have the thought, “I have no control over my child, I’ve tried everything, nothing seems to work.”

Total score

Parental Involvement and Positive Reinforcement

21. I don’t pay much attention to my child’s good behavior.
22. I don’t praise my child as much as I could.
23. I have more negative interactions than positive interactions with my child.
24. I probably give my child more attention when he/she acts negatively than when he/she acts positively.
25. I’m too busy and spend little time with my child.
26. When I’m with my child, I’m usually doing things (e.g., cleaning, running errands, shopping, etc.) and not really paying attention to him/her.
27. I’m not involved in my child’s activities (e.g., school, athletics, scouts, etc.).
28. My child and I are not very close to each other.
29. My child and I are emotionally disconnected.
30. I’m too stressed out and tired to spend “quality” time with my child.

Total score

Family Interactions
31. We are seldom aware of when we are having communication problems.
32. We express ourselves in “unhelpful” ways (e.g., put-downs, blaming, interrupting, talking on and on, etc.).
33. We are not good at listening to each other (e.g., making poor eye contact, daydreaming, thinking about what one is going to say without listening to the other person, etc.).
34. We often communicate different messages on verbal and nonverbal levels (e.g., saying, “I love you,” in a loud, screaming voice while pounding one’s fist on a table).
35. We have difficulty recognizing and defining family problems.
36. Our family uses the same solutions over and over, and we don’t think of new ways to solve our problems.
37. We don’t think ahead about whether a solution to a problem might work.
38. We may figure out a good solution to a family problem, but we usually don’t follow through and use it.
39. We usually don’t recognize when anger and conflict are becoming destructive.
40. We rarely know how to control anger and conflict, and it gets out of hand in our family.

Total score

Discipline Related to Compliance and Rule Following in Children
41. I give in and allow my child to “get his/her way” because he/she is so difficult and belligerent.
42. It’s easier to do things myself rather than ask my child to do them.
43. I have to yell, threaten, and so forth to get my child to do anything.
44. My child and I have power struggles.
45. I am inconsistent in disciplining approaches.
46. My spouse/partner and I don’t agree on discipline approaches (if applicable).
47. I seem to "tune into" my child the most when he/she is acting negatively.
48. I often don't know where my child is or what he/she is doing.
49. I have no clear rules established at my home.
50. There is no set time for curfew, bedtime, homework, and so forth.
Total score

Review your answers to the above questions carefully. Total up the score within each of the ten areas of focus and indicate the total score where designated above. Those areas of focus with higher scores may indicate problem areas for yourself, your family, and/or your child. Those questions that were rated as a 3, 4, or 5 may indicate specific problems.