

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.

1	2	3	4	5
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

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).

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What Can I Do to Help My Child?

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- _____ 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.