

# P A R E N T / C H I L D   S U R V E Y

This survey is designed to help a parent and/or their child assess the parent's attitudes and behaviors. Taking ownership of our past and the people who shaped it is a vital step in breaking free of old pain or misconceptions and developing a Godly identity.

If taken by a child on their own, this survey can help them understand, learn from and build on the strengths and weaknesses of their parents. They can then evaluate the impact their parent had on their current beliefs, tendencies and behaviors.

If taken with a parent, this survey can open a discussion about the parent's actions that will help heal past wounds or resolve any misunderstandings in the relationship. It can serve as a foundation for sharing memories, thoughts and feelings, which is one of the first steps toward building a strong relationship.

## **Instructions:**

- The parent and child should each complete the survey separately.
- The parent should score themselves on each question according to the rating scale below.
- The child should score the parent according to the rating scale below.
- After completing the survey, the parent and child should talk about their answers to each question together. Identify the areas where your answers are similar and those where your answers are different, and discuss why you each gave those answers.

Rate yourself or your parent on a scale of 1 to 5, where 1 indicates the parent has not modeled this attribute well and 5 indicates they have.

- \_\_\_ 1. Mom/Dad takes care of themselves physically.
- \_\_\_ 2. Mom/Dad control their anger.
- \_\_\_ 3. Mom/Dad guides their sexuality.
- \_\_\_ 4. Mom/Dad is responsible and willing to face life challenges.



## PARENT/CHILD SURVEY

- 5. Mom/Dad willingly give of themselves and make sacrifices for others.
- 6. Mom/Dad has a support team of trustworthy friends.
- 7. Mom/Dad maintains a balance between work and positive fun.
- 8. Mom/Dad faces the pain of life directly.
- 9. Mom/Dad chooses their life principles well and live by them.
- 10. Mom/Dad protects every member of their family.
- 11. Mom/Dad is good at listening, communicating and showing that they value others.
- 12. Mom/Dad expresses themselves emotionally in healthy ways.
- 13. Mom/Dad handles decision making well.
- 14. Mom/Dad has a strong relationship with God and inspires others to do the same.
- 15. Mom/Dad is aware of their sin nature and works to control it.
- 16. Mom/Dad does what is required to correct their mistakes.
- 17. Mom/Dad forgives others when they hurt them.
- 18. Mom/Dad learns from their past and reflects healthy growth.
- 19. Mom/Dad acts confidently and without unnecessary defensiveness.
- 20. Mom/Dad and I spend productive and positive time together.
- 21. Mom/Dad lets me know often that they love me.
- 22. Mom/Dad demonstrates a healthy marriage by how they treat their spouse.
- 23. Mom/Dad lives with integrity and good character.
- 24. Mom/Dad disciplines me fairly and controls their anger while doing so.
- 25. Mom/Dad listens to me and compliments me.
- 26. When Mom/Dad drinks, they do so appropriately.
- 27. Mom/Dad teaches me how to do things and encourages me to learn.

