

# FATHER SURVEY

This survey is designed to help you assess your father in various areas of fatherhood. You can also evaluate any other significant father figures whose influence you want to understand better.

By carefully thinking through each item on this list, you can discover, learn from, and build on the strengths and weaknesses of your father. Then you can evaluate the impact he had on your current beliefs, tendencies, and behaviors.

Once you finish assessing your father, go through the survey again, this time to assess yourself as a father. Seeing how your ratings compare to his will provide an even better understanding of his impact on you, allowing you to transform these early life lessons into future strengths in your own journey as a father.

You can also go through this survey with your own child to open a discussion about your past actions that will help heal old wounds or resolve any misunderstandings in the relationship. It can also serve as a foundation for sharing memories, thoughts, and feelings, which is one of the first steps toward building a strong relationship.

## Instructions:

Rate your father on a scale of 1 to 5, where 1 indicates that he has not modeled this attribute well and 5 indicates that he has. Then go back and rate yourself as a father on the same scale.

- \_\_\_ 1. Dad took care of himself physically.
- \_\_\_ 2. Dad controlled his anger.
- \_\_\_ 3. Dad guided his sexuality well.
- \_\_\_ 4. Dad was responsible, and he was willing to face life's challenges.
- \_\_\_ 5. Dad maintained a positive attitude.
- \_\_\_ 6. Dad was able to grieve through life's losses.
- \_\_\_ 7. Dad courageously faced his fears and was willing to change.
- \_\_\_ 8. Dad had a positive and realistic view of himself.



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- \_\_\_ 9. Dad willingly gave of himself and made sacrifices for others.
- \_\_\_ 10. Dad had a supportive team of trustworthy friends.
- \_\_\_ 11. Dad maintained a balance between work and casual fun.
- \_\_\_ 12. Dad faced the pain of life directly.
- \_\_\_ 13. Dad chose his life principles well and lived by them.
- \_\_\_ 14. Dad protected every member of our family.
- \_\_\_ 15. Dad was good at listening, communicating, and showing that he valued others.
- \_\_\_ 16. Dad expressed himself emotionally in healthy ways.
- \_\_\_ 17. Dad handled decision-making well.
- \_\_\_ 18. Dad had a strong relationship with God and inspired others to do the same.
- \_\_\_ 19. Dad was aware of his sin nature and worked to control it.
- \_\_\_ 20. Dad did what was required to correct his mistakes.
- \_\_\_ 21. Dad forgave others when they hurt him.
- \_\_\_ 22. Dad learned from his past and exhibited healthy growth.
- \_\_\_ 23. Dad acted confidently and without unnecessary defensiveness.
- \_\_\_ 24. Dad spent productive and positive time with me.
- \_\_\_ 25. Dad often told and showed me that he loved me.
- \_\_\_ 26. Dad demonstrated a healthy marriage by how he treated his wife.
- \_\_\_ 27. Dad lived with integrity and good character.
- \_\_\_ 28. Dad disciplined me fairly and controlled his anger while doing so.
- \_\_\_ 29. Dad listened to me and complimented me.
- \_\_\_ 30. Dad drank appropriately, if he drank at all.
- \_\_\_ 31. Dad taught me new skills and encouraged me to learn.

