

RELATIONSHIP SURVEY

The following survey can help you start your journey of relational growth. Each question represents a specific social skill your child will need to develop to be relationally strong, which means you must also consistently practice it.

As you read through the list, think about each point and grade yourself on a scale of 1 to 3. By identifying the specific areas you excel in and the ones you struggle in, you can know what steps to take to improve your relationship with your child and become the positive example of relationships that they need.

- 1. I take care of myself so that I'm clean, and I present myself in a way that makes it easy for others to relate to me.
- 2. I never behave in a manipulative, dominating, or self-centered way.
- 3. I maintain a positive attitude that helps others feel appreciated and encouraged.
- 4. I limit my impulsivity and follow established rules, which allows others to rely on me.
- 5. I share myself, my time, and my resources with others.
- 6. I believe there is enough goodness to go around and am not overly competitive.
- 7. I am flexible and able to adjust my preferred patterns of behavior in order to do what's best for others.
- 8. When I come home at the end of the day, I take time to greet my family and make myself available to them as needed.
- 9. I practice basic manners so others feel respected as we work or play together.
- 10. I create a positive environment in the home that allows my family to feel safe and comfortable.
- 11. I control my emotional expression so no one feels threatened.

RELATIONSHIP SURVEY

- ___ 12. I recognize and accurately express what I'm feeling instead of forcing others to guess.
- ___ 13. I use humor and my playful imagination to create an enjoyable experience for others.
- ___ 14. I recognize when others are busy and know when to disengage rather than demanding their attention.
- ___ 15. I know how to ask good questions that encourage others to share what they are thinking and feeling on a deeper level.
- ___ 16. I compliment others to bolster their confidence and demonstrate my value for them.
- ___ 17. I follow up on previous conversations by asking questions or offering new suggestions.
- ___ 18. I prioritize my family and deliberately set aside time to spend with each of them, both as a group and one on one.
- ___ 19. I stick by every promise I make, and if I can't, I take responsibility for it rather than ignoring my error.
- ___ 20. I demonstrate an attitude of cooperation by helping others succeed at their own goals instead of only focusing on mine.
- ___ 21. I delay gratification and say no to my desires in order to meet the needs of others.
- ___ 22. While it might not be my first choice, I am willing to participate in an activity that would make someone else feel valuable.
- ___ 23. I respect the viewpoints of others and willingly admit when I might be wrong.
- ___ 24. I encourage others to have their own perspectives and to share them with me even when they're different from mine.
- ___ 25. I know when to share my thoughts and when to remain quiet and listen to others.
- ___ 26. I accept criticism without getting defensive, and I use this feedback to improve myself.



RELATIONSHIP SURVEY

- ___ 27. I apologize, ask for forgiveness, and own up to the consequences of my negative choices.
- ___ 28. I carefully and respectfully plan how to confront others in a way that they'll hear my message.
- ___ 29. I am intentional about respecting others' differences and appreciating their uniqueness.
- ___ 30. I intentionally encourage my child to develop their social skills in order to prevent the destructive effects of loneliness.

