



Parent Profile Self Assessment

The focus here is on the adult's abilities, not on whether or not the child is receptive to the interaction. 1= Very little, 5= a great deal of the stated characteristic or skill.

1= Very little	5= Very much	Perception Self	Perception of Spouse
1. Able to maintain a sense of humor.....	_____	_____	_____
2. Comfortable with giving physical affection.....	_____	_____	_____
3. Comfortable receiving physical affection.....	_____	_____	_____
4. Ready to comfort child in distress.....	_____	_____	_____
5. Able to be playful with child.....	_____	_____	_____
6. Ready to listen to child's thoughts and feelings.....	_____	_____	_____
7. Able to be calm and relaxed much of the time.....	_____	_____	_____
8. Patient with child's mistakes.....	_____	_____	_____
9. Patient with child's misbehaviors.....	_____	_____	_____
10. Patient with child's anger and defiance.....	_____	_____	_____
11. Patient with child's primary two symptoms.....	_____	_____	_____
12. Comfortable expressing love for child.....	_____	_____	_____
13. Able to show empathy for child's distress.....	_____	_____	_____
14. Able to show empathy for child's anger.....	_____	_____	_____
15. Able to set limits, with empathy, not anger.....	_____	_____	_____
16. Able to give consequences, regardless of his response.....	_____	_____	_____
17. Able and willing to give child much supervision.....	_____	_____	_____
18. Able and willing to give child much "mom-time".....	_____	_____	_____
19. Able to express anger in a quick, to the point manner.....	_____	_____	_____
20. Able to "get over it" quickly after conflict with child.....	_____	_____	_____
21. Able to accept, though not necessarily agree with, the thoughts and feelings of your child.....	_____	_____	_____
22. Able to allow child to accept consequence of choice.....	_____	_____	_____
23. Able to accept, though you may still discipline, the behavior of our child.....	_____	_____	_____
24. Able to receive support from other adults in raising this difficult child.....	_____	_____	_____
25. Able to acknowledge failings and mistakes in raising this difficult child.....	_____	_____	_____
26. Able to ask for help from people you trust.....	_____	_____	_____
27. Able to cope with criticism from other adults about how you raise your child.....	_____	_____	_____
28. Able to refrain from allowing your child's problems to become your problems.....	_____	_____	_____
29. Able to avoid experiencing shame and rage over your failures to help your child.....	_____	_____	_____
30. Able to remain focused on the long-term goals.....	_____	_____	_____