

Parenting Questionnaire

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Stop Arguing and Start Understanding

YES

NO

1. I want to be a good parent.

2. I love my children no matter how badly they misbehave.

3. I feel out of control with my children too much of the time.

4. My parents gave me good models for how to be a good parent.

5. My ideas for dealing with trouble usually help make the situation better.

6. I can enjoy rebellious children.

7. I can be firm with my children when I need to be.

8. I can redirect my children from their misbehavior most of the time.

9. I can get my family to solve problems together.

10. My natural tendency is to give my child a second chance.

11. My children can make me laugh.

12. Sometimes I dread being with one or more of my children.

13. I have physically or mentally injured one of my children.

14. I can predict when trouble is likely to erupt in my family.

15. My partner and I work well together in raising our children.		
16. There are alcoholics in my family.		
17. Serious depression or anxiety problems run in my family.		
18. I had some very rough times with my own parents.		
19. Someone in my own family was sexually or physically abused.		
20. I would seek professional help if I thought my family needed it.		
21. My parents encourage my efforts to be a good parent.		
22. I have a supportive extended family available to help me.		
23. I have supportive friends who sometimes join in my family activities.		
24. I have meaningful friends and activities of my own separate from my family.		
25. I belong to a community of people where I feel safe and accepted.		
26. My family belongs to a community of faith or mutual support.		
27. I notice beauty when I encounter it.		
28. I find life miraculous at times.		
29. I can raise healthy children.		
30. I believe I am a good parent.		