

Parenting Questionnaire ([PDF download](#))

Circle the question numbers to which you would say YES, X for 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.

See Appendix A for Dr. Hall's comments on these questions.