

WORKSHEET 2.1 . Hidden Goals That Can Hinder Parenting

	Yes, It's Me	No, Not Me	Notes
My Dreams: I always wanted to be _____ (examples: an all-star athlete, beauty queen), so I got my children in activities that bring me joy. I started them early, hoping one day they win the kind of praise and awards I never did. It would break my heart if they ever wanted to quit.			
My Preferences: I really don't like it when my children show interest in or preference for _____ (e.g., exclusively black clothing, shows like anime), something I can't stand. I discourage them from doing this because I don't want them to be like this as adults.			
My Looks: I worry about how my children dress and look. I want others to see them as cute and attrac- tive. I insist that they dress and look good so we can impress others.			
My Worries: I worry something bad will happen to my chil- dren, like getting hurt, killed, or abducted. I tell them all the time to be safe and stay close. I do everything I can to protect them. I want them to notice how scared I am.			

WORKSHEET 2.1 . Hidden Goals That Can Hinder Parenting (Continued)

	Yes, It's Me	No, Not Me	Notes
My Parenting: I want others to see me as a good parent, someone whose children are smart and well behaved. I get angry when they act up in public and embarrass me.			
My Authority: It's important that my children show me respect. I don't like backtalk or sass. I don't want to see attitude or eye rolls. I shouldn't have to ask them twice to do something.			
My Feelings: My children should know when I'm not feeling my best. They should behave and not make things worse when I'm mad or sad. If they were good, they would leave me alone or try to comfort me.			
My Comfort: I hate when my kids are upset and crying. I try right away to make things better. I tell them not to cry or scream, that there's no reason to be upset.			