

WORKSHEET 8.1 . Reflective Writing Exercises

Goals

1. How would you describe what your current goals are as a parent?

2. If you were to set a goal involving only one domain of our holistic, long-term model of parenting, which would it be and why?

Health

3. Review the health inventory. Which aspects of your health are high points, and which are the low points?

4. What are you doing currently to cope with stress, and how is it working?

Structure

5. Grade your family (A through F) on how well your family is using each of the 4 Rs of structure: Routines, Roles, Rules, and Rituals.

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6. If you were to add or tweak one of the 4 Rs in your family, which would it be and why?

Accept

7. Be honest: How long can you sit quietly with your child? Aside from your child thinking you're strange, what would be hard about doing that?

8. If your children felt **completely safe with you and accepted by you**, what would be different about how you interacted with them? What would be different about how they interacted with you?

Contain

9. Do you have a short list of specific target behaviors? If not, what would be on your list?

10. Which sanctions are you likely to use and which are you not likely to use (and why)?

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Lead

11. If you were a child, how likely would you be to follow the example of your current life and why?

12. Do you believe your children respect you? If so, why?

Your Parenting Plan

13. Please list what you consider to be your family's core values.

14. Describe how your parenting plan aligns with those values.
