

BEING A PARENT VERSUS BEING A FRIEND



Complete the workbook exercise before continuing.

1. Would you describe your parents as good parents in general?

.....

2. On this scale with one being the most permissive and five being the most strict, how will you rate your parent's style?

.....

3. Did you get the attention you required from your parents?

.....

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4. Did you feel supported and nurtured by your parents?

.....

5. Did you feel respected by your parents?

.....

6. Did you keep secrets from your parents about your activities?

.....



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Complete the workbook exercise before continuing.

1. Would you describe yourself as a good parent?

.....

2. On this scale, with one being the most permissive and five being the most strict, how will you rate your parental style?

.....

3. Do you think you give your child the attention he requires?

.....

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4. Do you think you support and nurture your child?

.....

5. Do you feel you are respectful towards your child?

.....

6. Do you think your child keeps secrets from you about his activities?

.....

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7. With one being the lowest and five the highest level, how would you rate your level of communication with your child now?

.....

8. Do you think you base your decisions regarding your child on what is good for him?

.....



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Complete the workbook exercise before continuing.

1. Your professional life and status?

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2. Your financial status?

.....

3. Your intimate relationships?

.....

4. Your relationship with your child/children?

.....

5. Your spiritual or religious life?

.....

6. Your emotional support system e.g.: friends, confidants, therapists, family members etc.?

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7. Your level of satisfaction or happiness?

.....

8. Your sex life?

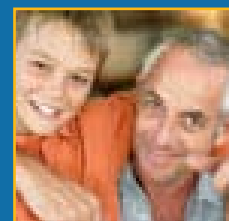
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9. Your social life?

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10. Your health?

.....



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Complete the workbook exercise before continuing.

1. Describe your present relationship with your child?

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2. Have there been changes in your relationship recently?

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3. What was your relationship like when your child was younger?

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4. Are your beliefs about raising a child consistent with that of your spouse?

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5. Do you feel your child favors one parent over the other? Why?

.....

6. Are you concerned that your child is experimenting with sexual activities before he is ready?

.....

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7. Is he well informed about sex?

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8. Do you have any idea how your child spends his time and who his friends are?

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9. Are you afraid that your child may be drinking or taking drugs

.....

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10. Do you feel in any way envious of your child?

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11. Do you expect more than he should be expected to give?

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