

On the following scale, and using the list below, circle the number which represents your current relationship with your child.

1___2___3___4___5___6___7___8___9___10

poor

ideal

1. It's an extreme exception if we get along.
2. About three quarters of the time we're together we argue, and have history of many unresolved conflicts.
3. About half of the time we're together we argue, and have a history of a few unresolved conflicts.
4. About half of the time we're together we argue. We are often hurting each other with our words.
5. We only get along when I'm not making a request of my child, or if she's doing something she likes.
6. We enjoy each other about 50% of the time we're together, but frequently have long periods of very little meaningful interaction.
7. We enjoy each other about 70% of the time we are together, but argue the other 30%.
8. We enjoy each other about 70% of the time.
9. We enjoy each other most of the time, I express my positive thoughts and feelings about my child, and listen carefully to my child through his words and actions.
10. We enjoy each other and work through conflicts quickly. I occasionally do small things for her just for fun, about every week or two I do something with her that she wants to do, I express my positive thoughts and feelings about her frequently, I attempt to listen carefully to her through her words and action