

# FAMILY OF ORIGIN AND UNHEALTHY PARENTING STYLES

	<b>Strict Parenting Style</b>	<b>Permissive Parenting Style</b>	<b>Hostile/Neglectful Parenting Style</b>	<b>Mixed Parenting Style</b>
<b>Primary Message</b>	DWISWQ Do what I say without Question!	IIFGDI If it feels good do it!	SOOMHUIWYT Stay out of my hair unless I want you there!	Mixed message!
<b>Self-Esteem</b>	False High or Low	Superficially High	Low	Low
<b>Child's Control</b>	Low	High	Low/High	Low or High
<b>Discipline</b>	Authoritarian . Do's and Don'ts . Don't ask questions	Permissive . Very Lax . Explore your potential	Abusive Inconsistent Be on guard	Often Strict and Permissive— sometimes abusive Inconsistent Stuck between mom and dad
<b>Boundaries</b>	Rigid Boundaries	Few if any Boundaries	Ever changing Boundaries	Depends on who's in charge at the time!
<b>Values</b>	Values not taught Objective do's and don'ts become the standard	Values not taught Self wants and desires become the standard	Values not taught Street 'values'	Values not taught Inconsistent
<b>Thinking Skills</b>	Poor Thinking Skills . Poor self-judgment . Poor self-discipline	Poor Thinking Skills . Poor self-judgment . Poor self-discipline	Poor Thinking Skills . Poor self-judgment . Poor self-discipline	Poor Thinking Skills . Poor self-judgment . Poor self-discipline
<b>Motivation</b>	Guilt that leads to Shame	Selfishness or Control	Self-preservation, fear, anger	Combination of Shame and Selfishness or Control and/or Possibly Self-preservation
<b>Possible Family of Origin Roles</b>	Placater, Enabler, Hero	Boss, Little Prince(s)	Mascot, Lost Child, Adjuster, Scapegoat	Based on the parenting styles used
<b>Coping Style</b>	Other Oriented	Self Oriented	Avoidant in Nature	Usually Swings between two of the three styles
<b>Specific Coping or Codependency Styles</b>	People Pleasing Love Child	Controlling Caretaking Perfectionism	Workaholic, Stump, Comic, Tap Dancer, Rebel	Based on the parenting styles used
<b>Communication Style</b>	Placater/Computer	Computer/Blamer	Distractor	Based on the parenting styles used

\* Motivation for some Family Roles and Codependency Roles can alter the basic motivation, i.e. caretaking can be either self or other oriented.

Taken from the **Family Therapy Manual: Promoting Healthy Family Life, Parenting and Responsibility Development** by F. Russell Crites, Jr.

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# COPING STYLES ASSESSMENT

## Quick Check

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

### FAMILY OF ORIGIN ROLES

The below mentioned roles are the most often seen roles in dysfunctional families. Look at each role and determine which one you were most like as a child.

Instructions:

- Put a check in the left hand column if you believe you experienced this Family of Origin Role as a child. You can check more than one.
- Pick the Family of Origin Role that was **most true** for you and put the word '**PRIMARY**' in the column to the right. **You can only have ONE primary from all of the Family of Origin Roles identified.**
- Pick the Family of Origin Role that was **second most true** for you and put the word, '**SECONDARY**' In the column to the right. **You can only have one secondary Family of Origin Role identified.**

Check	Family of Origin Roles	Primary and Secondary Role
	<b>THE ENABLER:</b> The Enabler tries to keep everyone 'fixed'. He constantly helps others to continue in their irresponsibility by rescuing or saving them in some way.	
	<b>LITTLE PRINCE(SS):</b> The Little Prince(ss) often takes on the role of the opposite sex spouse. This child ends up fulfilling the needs of the opposite sex spouse and does not really have a chance at living out their childhood.	
	<b>THE ADJUSTER:</b> The Adjuster agrees with everyone and adapts to every situation. They are extremely flexible and spontaneous.	
	<b>THE SCAPEGOAT:</b> The Scapegoat diverts attention from the family by getting into trouble.	
	<b>THE LOST CHILD:</b> The Lost Child hides out, tries not to make waves, draws attention by non-presence.	
	<b>THE MASCOT:</b> The Mascot lessens tension in the family by being funny or cute.	
	<b>THE HERO:</b> The Hero tries to make the family look good by achieving success in school or work.	
	<b>THE PLACATER:</b> The Placater tries to reduce conflict in the family by smoothing things over.	
	<b>THE BOSS:</b> The Boss attempts to maintain control so that he can do what he believes needs to be done. He wants to be in charge and will make others miserable when he is not.	

My Primary Family of Origin Role is: \_\_\_\_\_ My Secondary Family of Origin Role is: \_\_\_\_\_

### UNHEALTHY COMMUNICATION STYLES

Instructions:

- Do you currently exhibit any of the below unhealthy communication styles? If so, put a check in the column on the left.
- For each unhealthy communication style that you checked on the left look to the right and **select the motivation that appears to be most true for you.** Some motivations are already selected (usually only one motivation for that communication), others have two possibilities. You can only check one motivation per communication style so choose the one that is mostly true for you.

Check	CODEPENDENT COMMUNICATION STYLE	Primary Motivation
	<b>THE PLACATER:</b> The Placater is a "yes man". He rarely if every says, "no" to anyone. When he does he feels guilty.	Guilt/Shame: Other-Oriented
	<b>THE BLAMER:</b> The Blamer rarely takes responsibility for his actions. He constantly blames others for anything negative that happens.	___ Control: Self-Oriented ___ Avoidant
	<b>THE COMPUTER:</b> The Computer is a person of extreme logic. Emotions are expressions of weakness so they are not to be allowed.	___ Control: Self-Oriented ___ Avoidant
	<b>THE DISTRACTER:</b> The Distracter is the master politician. You can never get a straight answer out of him. He only reveals what he wants to reveal, when he wants to reveal it.	Avoidant

## CODEPENDENCY ROLES

Instructions:

1. Do you exhibit this codependency role more often than normal? If so, put a check in the column on the left.
2. For every codependency that you checked on the left look to the right and select the motivation that appears to be most true for you. Some motivations are already selected (usually only one motivation for that codependency), others have two to three possibilities. You can only check one motivation per codependency so choose the one that is mostly true for you.

Check	CODEPENDENCY ROLE	Primary Motivation
	<b>TAP DANCER:</b> The Tap Dancer finds it difficult to commit to a relationship or to anything else for that matter.	Avoidant
	<b>PERFECTIONIST:</b> The Perfectionist has a great deal of difficulty completing things, dealing with people, etc. because everything has to be done a certain way to be acceptable.	<input type="checkbox"/> Control: Self-Oriented <input type="checkbox"/> Guilt/Shame: Other-Oriented
	<b>MARTYR:</b> The Martyr believe that life should be a struggle. As a result, Martyrs often find themselves in situations where they are in pain.	<input type="checkbox"/> Control: Self-Oriented <input type="checkbox"/> Avoidant <input type="checkbox"/> Guilt/Shame: Other-Oriented
	<b>WORKAHOLIC:</b> The Workaholic has an unhealthy attitude towards achievement. They will often overwork so that they can feel better about their accomplishments.	<input type="checkbox"/> Avoidant <input type="checkbox"/> Guilt/Shame: Other-Oriented
	<b>PEOPLE PLEASER:</b> The People Pleaser bases his self-esteem on how well he pleases or keeps other people happy.	Guilt/Shame: Other-Oriented
	<b>CARETAKER:</b> The Caretaker prevents the dysfunctional person from experiencing the consequences of his behavior. Caretakers often breed dependence in others.	<input type="checkbox"/> Control: Self-Oriented <input type="checkbox"/> Guilt/Shame: Other-Oriented
	<b>STUMP:</b> The Stump has a tendency to escape or isolate whenever there are any problems to deal with.	Avoidant
	<b>LOVE CHILD:</b> The Love Child is addicted to love. They love too much and as a result their self-esteem is based much on whether or not they are loved.	Guilt/Shame: Other-Oriented
	<b>COMIC:</b> The Comic often lessens tension at home, work and play by being funny or cute. Often the Comic uses humor to avoid responsibility, pain, conflict or any other negative emotion or event.	Avoidant
	<b>CONTROLLER:</b> The Controller is extremely controlling in his personal relationships. Everything has to be done his way or with his permission.	Control: Self-Oriented
	<b>GOD PLAYER:</b> The God Player is extremely sensitive to others and often believes that they are responsible for much of what goes on around him.	Guilt/Shame: Other-Oriented
	<b>REBEL:</b> This Rebel is often a person who is openly (sometimes passively) defiant or rebellious as an adult.	<input type="checkbox"/> Avoidant <input type="checkbox"/> Guilt/Shame: Other-Oriented

### Determination of Motivational Type Predominance

Look back at your codependency's and at your communication styles. Based on what you see and what you believe about yourself which codependency/communication motivation is the most predominant for you? Keep in mind that you can only check one of the two statements below.

Is it:

Self-Oriented Codependency (You **must** have at least **one Self-Oriented Codependency/Communication Style** Identified above to check this).

**OR**

Other-Oriented Codependency (You **must** have at least **one Other-Oriented Codependency/Communication Style** Identified above to check this).

**Do NOT** consider the **avoidant codependency's /communications** for the above question!

## UNHEALTHY FAMILY RULES

### Instructions:

1. Put a check mark to the left of any Family of Origin Rule that has ever been a problem for you.
2. Place a checkmark in the first box to the right if it was a problem in your family of Origin.
3. Place a checkmark in the second box to the right if it is currently a problem for you.

Check	FAMILY OF ORIGIN RULE	Was in Family of Origin	Current Present Day
	<b>THE RULE OF RIGIDITY:</b> The Rule of Rigidity states that as the dysfunction becomes more predominant in the family, the family must become more rigid to compensate for the unpredictability.		
	<b>THE RULE OF SILENCE:</b> The Rule of Silence calls for the family members to remain quiet about the dysfunction in the family.		
	<b>THE RULE OF DENIAL:</b> The rule of denial calls for the family to deny the fact that unhealthy activities are occurring in the family.		
	<b>THE RULE OF ISOLATION:</b> The rule of isolation calls for the family to avoid relationships with others. As the dysfunction becomes more predominant in the family, the family tends to isolate to keep others from finding out what is going on.		
	<b>THE RULE OF NON-EMOTION:</b> The rule of non-emotion calls for family members to avoid talking about feelings. As problems occur it is important that no express how they feel about the issues. Any expression can trigger conflict.		
	<b>THE RULE OF TRIANGULATION:</b> The rule of triangulation calls for family members to communicate to each other through a third party. As the family becomes more dysfunctional it becomes more painful to communicate directly.		
	<b>THE RULE OF UNATTAINABLE EXPECTATIONS:</b> The rule of unattainable expectations puts expectations on family members that promote failure. As the inappropriate behaviors become more prevalent the need for someone in the family to make up for the inadequacies becomes pronounced.		
	<b>THE RULE OF OTHER FOCUS:</b> The rule of other focus calls for family members to focus on the needs of others in hopes of having personal needs met. As the dysfunction progresses it becomes more and more difficult for individuals to communicate that personal needs are not being met.		
	<b>THE RULE OF BLIND TRUST:</b> The rule of blind trust calls for family members to trust each other when reason to trust is in question. Parents communicate that they want their children to do one thing and act the opposite themselves.		
	<b>THE RULE OF SEXUAL SILENCE:</b> The rule of sexual silence calls for family members to maintain silence about any sexual issues. Due to cultural and social avoidance coupled with dysfunctional family rules sex is rarely if ever talked about.		
	<b>THE RULE OF SERIOUSNESS:</b> The rule of seriousness calls for family members to avoid fun and focus on life from a totally rational, objective view point. Parents communicate that they want their children to do one thing and act the opposite themselves.		
	<b>THE RULE OF PROJECTED BLAME:</b> The Rule of Projected blame states that as the disease of alcohol or individual dysfunction becomes more predominant in the individual he must project the blame or become martyr. Due to the norm of under or over responsibility the individual has a tendency to carry shame that is unnecessary.		

**You are finished.** Transfer your scores to the **Coping Styles Assessment Quick Check Summary Page** in order to see your scores on one page.

**IMPORTANT:** If you plan on purchasing the 80 plus page Genesis System for Self-Improvement Codebook through Amazon you will need this assessment data to determine exactly what you need to address in your CODEBOOK. It is also essential that you have your four digit code so that you can purchase the CODEBOOK that is specific to your issues. There are sixteen basic CODEBOOKS and each one has some differences depending on the code that is represented. So, if you order look for the CODEBOOK that has your specific four letter code. If you don't see your CODEBOOK online please contact the author (Russ Crites at 972-506-7111)

This is a list of the most common codes:

HBOA, HBON, HBSA, HBSN, HUOA, HUON, HUSA, HUSN, RBOA, RBON, RBSA, RBSN, RUOA, RUON, RUSA, RUSN.  
Codebooks may be available from your therapist or can be obtained through Amazon. The easiest way to find your codebook is to go to [amazon.com/author/russcrites](http://amazon.com/author/russcrites).

Taken from the **Family Therapy Manual: Promoting Healthy Family Life, Parenting and Responsibility Development** by F. Russell Crites, Jr.

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# Coping Styles Assessment

## Quick Check Summary

My Primary Family of Origin Role was: \_\_\_\_\_ Check here if no Role was Identified: \_\_\_\_\_  
 My Secondary Family of Origin Role was: \_\_\_\_\_

**Instructions:**

1. Look back at the Codependency Roles and look to see what motivation you checked for each role. Put that in the graph below so that you can see how many of each types of codependency you have.
2. Look back at the Unhealthy Communication Styles and transfer each motivation you checked in the graph below also.

Check if it is a Problem	Codependency	Other-Oriented Shame/Guilt Based	Self-Oriented Control Based	Avoidant Based
	Tap Dancer			X
	Perfectionist			
	Martyr			
	Workaholic			
	People Pleaser	X		
	Caretaker			
	Stump			
	Love Child	X		
	Comic			
	Controller		X	
	God Player			
	Rebel			
	<b>Unhealthy Communication Style</b>			
	Distractor			X
	Computer			
	Blamer			
	Placater	X		

Instructions: Look back at the Unhealthy Family Roles chart. If the rule is a problem currently check YES below. If not, check NO!

Unhealthy Family Rule	Currently a Problem	Unhealthy Family Rule	Currently a Problem
Rigidity	___ Yes ___ No	Unattainable Expectations	___ Yes ___ No
Silence	___ Yes ___ No	Other Focus	___ Yes ___ No
Denial	___ Yes ___ No	Blind Trust	___ Yes ___ No
Isolation	___ Yes ___ No	Sexual Silence	___ Yes ___ No
Non-Emotion	___ Yes ___ No	Seriousness	___ Yes ___ No
Triangulation	___ Yes ___ No	Projected Blame	___ Yes ___ No

**First Code Letter 1:** If you identified a family of origin role that you experienced as a child put a H above the number 1 below. If you had no family of origin roles put an R above the number 1.

**Second Code Letter 2:**

If you **ONLY** had Other-Oriented Codependency's /Unhealthy Communication **styles** put an **O** above number 2 (Ignore Avoidant). If you **ONLY** had Self-Oriented Codependency's /Unhealthy Communication styles put an **S** above the number 2 (Ignore Avoidant). If you had **BOTH** Other-Oriented and Self-Oriented Codependencies/Unhealthy Communication **styles** put a **B** above number 2.

**Third Code Letter 3:** Look back at the question below the Codependency Roles. Did you check other or self as being more predominant. If it was **Self** put an **S** in the number 3 spot below. If it was **Other**, put an **O** in the number 3 spot.

**Fourth Code Letter 4:** If you have any **Avoidant Codependency's** or **Avoidant Unhealthy Communication styles** put an **A** in the last spot (4). If you have **no Avoidant Codependency's** or **Avoidant Communication styles** put an **N** on the last spot (4).

Your Person Treatment Code is:

\_\_\_\_\_  
 1            2            3            4

# ADULT CHILD CHARACTERISTICS

## Rating Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Instructions:

1. Circle the appropriate number next to each of the characteristics listed below.

1 = Not Much like Me at all  
2 = Kind of like me

3 = Often like me  
4 = That's Me Most of the Time

2. When finished, you should do the worksheet for any Adult Child Characteristic that you scored a three or four on. You could do them all if you want, but the three's and four's would be the most critical to look at.

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I have an over developed sense of responsibility.                                    | 1 | 2 | 3 | 4 |
| 2. I have an under developed sense of responsibility.                                   | 1 | 2 | 3 | 4 |
| 3. I react rather than act.   | 1 | 2 | 3 | 4 |
| 4. I judge myself harshly; blame self.  | 1 | 2 | 3 | 4 |
| 5. I experience guilt feelings.   | 1 | 2 | 3 | 4 |
| 6. I stuff my feelings (The Turkey Syndrome).   | 1 | 2 | 3 | 4 |
| 7. I am overly sensitive.   | 1 | 2 | 3 | 4 |
| 8. I have difficulty relaxing and having fun.   | 1 | 2 | 3 | 4 |
| 9. I play the role of the victim.   | 1 | 2 | 3 | 4 |
| 10. I am drawn to excitement such as stealing, living on the edge, love affairs, etc.   | 1 | 2 | 3 | 4 |
| 11. I'm not sure what 'normal' looks like.  | 1 | 2 | 3 | 4 |
| 12. I find it easy/natural to withdraw when there is conflict.                          | 1 | 2 | 3 | 4 |
| 13. I am critical of others.  | 1 | 2 | 3 | 4 |
| 14. I am critical of self.  | 1 | 2 | 3 | 4 |
| 15. My focus is often on immediate gratification. I am very impulsive.                  | 1 | 2 | 3 | 4 |
| 16. I am crisis oriented. It seems like I consistently go from one problem to the next. | 1 | 2 | 3 | 4 |
| 17. I take myself and others too seriously.   | 1 | 2 | 3 | 4 |

- |   |         |
|---|---------|
| 18. I am loyal, even when loyalty is undeserved.  | 1 2 3 4 |
| 19. I experience compulsive or addictive behaviors such as, sex, work, food or drugs/alcohol. | 1 2 3 4 |
| 20. I have fear of abandonment issues.  | 1 2 3 4 |
| 21. I find it easier to lie when it would be just as easy to tell the truth.                  | 1 2 3 4 |
| 22. I often lock myself into a course of action without exploring other alternatives          | 1 2 3 4 |
| 23. I have difficulty forming or maintaining intimate relationships.                          | 1 2 3 4 |
| 24. I take risks.   | 1 2 3 4 |
| 25. I need to seek approval and affirmation from others.                                      | 1 2 3 4 |
| 26. I have a tendency to marry or form relationships with people who need fixing.             | 1 2 3 4 |
| 27. I am a black and white, or either/or thinker.   | 1 2 3 4 |
| 28. I usually find it to be difficult to follow a project through from beginning to the end.  | 1 2 3 4 |
| 29. I have trouble trusting others.   | 1 2 3 4 |
| 30. I trust others too quickly and end up being hurt or disappointed.                         | 1 2 3 4 |
| 31. I have trouble making decisions.  | 1 2 3 4 |
| 32. I have a fear of losing control.  | 1 2 3 4 |
| 33. I use denial when I am fearful or threatened.   | 1 2 3 4 |
| 34. I have unresolved issues that I haven't grieved from childhood.                           | 1 2 3 4 |

You are finished. Thanks for Completing the Rating Scale!

NOTE: The **Adult Child Workbook** addresses each of these issues and provides additional worksheets and strategies that will help positively impact each unhealthy characteristic.

Go to [amazon.com/author/russcrites](http://amazon.com/author/russcrites) for additional resources.

Taken from the **Adult Child Therapy Manual: A Systematic Approach to the Identification and Treatment of Personal Issues** by F. Russell Crites, Jr.

# TRAITS OF A HEALTHY FAMILY CHECKLIST

This is a list of the most often recognized healthy traits of a family. To determine how healthy your family is circle the appropriate number based on how things usually are in your home. Rate your family based on the following number system.

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 = Does not happen in my family    | 4 = Occurs more than average  |
| 2 = Occurs once in a while          | 5 = Happens most all the time |
| 3 = About average for most families |                               |

Traits of a Healthy Family	Rating				
1. Family members have effective listening, communication and problem solving skills.	1	2	3	4	5
2. Family members respect one another's privacy.	1	2	3	4	5
3. Family members have consistent positive feedback from each other (encouragement, praise, affirmation, etc.).	1	2	3	4	5
4. Physical touching is a constant among family members.	1	2	3	4	5
5. Family shares leisure time together.	1	2	3	4	5
6. Family members believe that they are needed and that they make positive contributions to the family.	1	2	3	4	5
7. Family members perceive that they are able or capable.	1	2	3	4	5
8. Family members perceive that they have the power to make decisions for themselves.	1	2	3	4	5
9. Family members perceive that they are loved and enjoys being part of the family.	1	2	3	4	5
10. Family members enjoy and participate in rituals. (Rituals are events that occur on a daily basis.)	1	2	3	4	5
11. Family members have quality individual time.	1	2	3	4	5
12. The Family has traditions that are practiced often (Special Christmas events, vacations, birthdays, etc.)	1	2	3	4	5
13. Family members value service and a work ethic is promoted.	1	2	3	4	5
14. Family members feel that they are trusted.	1	2	3	4	5
15. Firm, fair boundaries have been established and upheld in the family.	1	2	3	4	5
16. Family members are able to responsibly respond to limits established.	1	2	3	4	5
17. Family has fun and plays well together.	1	2	3	4	5
18. Values, morals and standards are taught and modeled daily.	1	2	3	4	5
19. Family has an active shared religion.	1	2	3	4	5
20. Family members are playful towards one another.	1	2	3	4	5



- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 21. Family members get involved with one another<br>(school meetings, taking kids to parent's work, etc.)       | 1 | 2 | 3 | 4 | 5 |
| 22. Family sets aside time just for discussion,<br>communication and problem solving.                           | 1 | 2 | 3 | 4 | 5 |
| 23. Family is a higher priority than job, school, etc. (no<br>workaholics; being overextended).                 | 1 | 2 | 3 | 4 | 5 |
| 24. In our family mom and dad have a healthy marriage.  | 1 | 2 | 3 | 4 | 5 |
| 25. In our family mom and dad have agreed on a parenting<br>style and have cooperated in consistently using it. | 1 | 2 | 3 | 4 | 5 |

Subtotals: \_\_\_\_ \_

Total: \_\_\_\_\_

Taken from the **Family Therapy Manual: Promoting Healthy Family Life, Parenting and Responsibility Development** by F. Russell Crites, Jr.

# Developing Capable Families

Name: \_\_\_\_\_ Father: \_\_\_\_\_ Mother: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

1. Read the statement and first rate yourself. If you usually encourage or promote any of the Significant Seven check true for yourself. If not check false.
2. Rate your partner using the same criteria above for questions 1-7.
3. Questions 8, 10, 12, 14, 16 all ask if you rarely use that barrier. If you rarely use it check True. If you use it more often than not check False. Rate your partner also based on what you hear from him/her.
4. Questions 9, 11, 13, 15, 17 all ask if you usually use that builder. If you usually use it check True. If you use it rarely if at all check False. Rate your partner also based on what you hear from him/her.

The Significant Seven		Self		Partner	
		True	False	True	False
1	In our family we encourage strong perceptions of personal capabilities. "I am capable of facing problems and challenges and gaining strength and wisdom through experience."				
2	In our family we encourage strong perceptions of significance. "My life has meaning and purpose, and I contribute in unique and meaningful ways."				
3	In our family we promote strong perceptions of significance. "My life has meaning and purpose, and I contribute in unique and meaningful ways."				
4	In our family we promote strong intrapersonal skills. The ability to manage personal emotions through self-assessment, self-control, and self-discipline.				
5	In our family we promote strong interpersonal skills. The ability to communicate, cooperate, negotiate, share, empathize, listen, and work effectively with people.				
6	In our family we promote strong systemic skills. The ability to respond to the limits and consequences of everyday life with responsibility, adaptability, flexibility, and integrity.				
7	In our family we promote strong judgmental skills. The ability to make decisions based on moral and ethical principles, wisdom, and understanding.				
<b>Builders and Barriers</b>					
8	We rarely use Barrier #1 in our family: Negative Assuming: "I didn't tell you because you always get upset", "You always think..." "You're too young to try that!" etc.				
9	We usually use Builder #1 in our family: Checking: "How do you want to deal with this?" "What are your thoughts about...?" "What will you need to have ready for...?" etc.				

10	We rarely use Barrier #2 in our family: Rescuing/Explaining: "...is what is happening" "...is why it is happening." "...is how to deal with that."				
11	We usually use Builder #2 in our family: Exploring the What, the Why, and the How: "What did you experience in that situation?" "Why is that significant?" "How might you apply what you have learned?"				
12	We rarely use Barrier #3 in our family: Directing: "Pick up your shoes", "Put that away", "Don't forget your lunch".				
13	We usually use Builder #3 in our family: Encouraging/Inviting: "I would appreciate any help you could give me in straightening up the room." "How do you plan to...?" "What will you need to do in order to...?" etc.				
14	We rarely use Barrier #4 in our family: Expecting: "I was expecting this room to be spotless" "You should know that already", "I appreciate ... but you forgot...".				
15	We usually use Builder #4 in our family: Celebrating: "I appreciate the effort you have made to clean up this room", "What did you learn from trying to do that?" "What progress do you see yourself making?"				
16	We rarely use Barrier #5 in our family: Adultisms: "you know better than that! Surely you realize...!" "You are too young to appreciate that", "Grow up!" etc.				
17	We usually use Builder #5 in our family: Respect: "What is your perception of...?" or "Let me check out what you think". "How do you see this issue?" etc.				

Adapted from the book Raising Self-Reliant Children in a Self-Indulgent World by H. Stephen Glenn and Jane Nelsen

SUGGESTIONS: Any false answer may be an issue that is causing difficulties in your family. You may want to consider identifying strategies that will help you be more effective in each of those areas.

### Raising Self Reliant Children in a Self-Indulgent World

Area of Concern	Chapter
Strong perceptions of personal capabilities.	4
Strong perceptions of significance.	5
Strong perceptions of personal influence over life.	6
Strong intrapersonal skills.	7
Strong interpersonal skills.	8
Strong systemic skills.	9
Strong judgmental skills.	10
Barriers and Builders are found in: (They are part of perceptions of personal capabilities chapter)	4