



# Megan de Beyer

## **The EQ Parenting Survey – Know Thyself**

Rate yourself, your spouse and your teen/s.

Here are four rating scales. They are not psychological assessments and I have included them for self-reflection. The more self aware we are, the more we are able to parent intentionally and consciously.

I would like to acknowledge the book *Raising Emotionally Intelligent Children* by Elias, Tobias and Friedlander. These simple rating forms have been adapted from this book.

There are four rating scales:

Worksheet 1 can be completed by yourself, your spouse and your teen and then discussed, or you can use it to rate each individual yourself for your own self-reflection. Worksheets 2, 3 and 4 are for yourself and your partner.

These worksheets are freely downloadable from my website:

[www.megandebeyer.com](http://www.megandebeyer.com)



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## WORKSHEET 1

### Temperament Scale

This rating scale looks at the different dimensions that make up one's temperament. Psychologists have ascertained that this is the part of our personality that is most reliable since it is genetically inherited. Your temperament is affected by your environment but generally stays quite consistent over the course of your life. It's like the "default position" of your personality. I suggest that you rate your teen and then rate yourself and observe and reflect on your similarities and differences. When our temperaments are similar we tend to say "s/he is just like me" and often jump to conclusions about behaviour as if "we know best". It is often easier to get along with others with similar temperaments. When your teen is very different from you, you may experience personality clashes that will then need to be understood and dialogued. You are different and no two individuals are exactly alike.

### Your Teen's Temperament vs Your Temperament

Place an X over the number that corresponds to your teen's typical characteristic and circle the number that corresponds to your characteristic. (A suggestion: Use a different colour to circle the number of your spouse.) Rating scale: 1 is more easy-going whereas 7 is more challenging. 4 would be uncertain or variable.

<b>Self Discipline &amp; compliance</b>							
	Good						Challenging
	1	2	3	4	5	6	7
<b>Adaptability to change</b>							
	Flexible						Rigid
	1	2	3	4	5	6	7
<b>Reactivity &amp; impulsive behaviour</b>							
	Easy going						Over-reactive & intense
	1	2	3	4	5	6	7
<b>Mood</b>							
	Happy or upbeat						Grumpy or serious
	1	2	3	4	5	6	7
<b>Mood stability</b>							
	Stable or predictable						Up & down or unpredictable
	1	2	3	4	5	6	7
<b>General actions</b>							
	Cautious & considered						Impulsive & inconsiderate
	1	2	3	4	5	6	7



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## WORKSHEET 2

### Your Current Life Circumstances

This part of the survey explores your work situation. By “work” we mean your job or career, volunteer work, or full-time parenting. It is mostly about which duties you are fulfilling most of the time and how you feel about those. Place an X over the number that corresponds to how things are now.

Ratings of 1/2/3 show that your work life or duties are manageable and mostly satisfying. Those scoring 6 & 7 show that you are dissatisfied or stressed out by your duties. I highly recommend that you seek help with time-management in those areas, spend more time developing mindfulness practices, or set yourself new goals with easier standards.

<b>Circumstances are flexible</b>							
	Very						Not at all
	1	2	3	4	5	6	7
<b>Satisfaction</b>							
	Complete						None
	1	2	3	4	5	6	7
<b>Personal Stress levels</b>							
	Minimal						Extreme
	1	2	3	4	5	6	7
<b>Time Demands</b>							
	Informal/ negotiable						Constant/rigid
	1	2	3	4	5	6	7
<b>Compensation</b>							
	Great						Inadequate
	1	2	3	4	5	6	7
<b>Enjoyment</b>							
	High						None
	1	2	3	4	5	6	7
<b>Colleagues/ partner</b>							
	Supportive						Undermining
	1	2	3	4	5	6	7
<b>Activity level</b>							
	Okay						Exhausting/ too much
	1	2	3	4	5	6	7



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## WORKSHEET 3

### Your Parented Past

Complete the following survey exploring your relationship with your parents. Place an X over the number for how you felt about your parents during your own adolescence, and circle the number for how you rate your present family practices. Rate how your own parents parented you. Think back to when you were a child and rate them from a child's perception. True or false is not necessary. Your perception as a child is more important here. Closest to 1 is good parenting; 3 is good enough whereas 7 would be neglectful or over bearing. Now rate your own present family.

Reflect on whether you are parenting differently now or whether you are continuing habits from the past.

<b>Closeness</b>							
	Intimate						Distant & unavailable OR smothering
	1	2	3	4	5	6	7
<b>Honesty</b>							
	Complete openness						No communication OR controlling
	1	2	3	4	5	6	7
<b>Emotional IQ</b>							
	Supportive & sharing feelings						Uninvolved & no- feeling talk OR judgemental
	1	2	3	4	5	6	7
<b>Financial Support</b>							
	Good						None OR controlling
	1	2	3	4	5	6	7
<b>Engagement &amp; availability</b>							
	Good						None OR controlling & judgemental
	1	2	3	4	5	6	7
<b>Approval</b>							
	Unconditional acceptance						Critical
	1	2	3	4	5	6	7
<b>Approach to Discipline</b>							
	Fair						Harsh OR overly lenient
	1	2	3	4	5	6	7
<b>Another aspect of parenting not included here</b>							



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## WORKSHEET 4

### The Other Parent

Rate your parenting partner from your point of view. It's a good idea for him/her to rate you as well. This rating scale is good for self-reflection and for discussions with your partner.

<b>Supportive</b>							
	Very					Undermining	
	1	2	3	4	5	6	7
<b>Closeness to family</b>							
	Intimate					Isolated	
	1	2	3	4	5	6	7
<b>Emotional support</b>							
	Supportive					Uninvolved	
	1	2	3	4	5	6	7
<b>Time together</b>							
	Frequent					None	
	1	2	3	4	5	6	7
<b>Communication</b>							
	Good					None	
	1	2	3	4	5	6	7
<b>Sharing of chores</b>							
	Equal					None	
	1	2	3	4	5	6	7
<b>Ability to co-parent</b>							
	On same page					Different	
	1	2	3	4	5	6	7