

## **B.P.R. Therapy, Mediation & Coaching Services**

### Parenting Style Questionnaire

Please circle T for TRUE or F for False for each statement.

1. Children really have very little to be sad about. T F
2. I think that anger is okay as long as it is under control. T F
3. Children acting sad are just trying to get adults to feel sorry for them. T F
4. A child's anger deserves time-out. T F
5. When my child is acting sad, he/she turns into a real brat. T F
6. When my child is sad, I am expected to fix everything and make it better. T F
7. I really have no time for sadness in my own life. T F
8. Anger is a dangerous state. T F
9. If you ignore a child's sadness, it tends to go away and take care of itself. T F
10. Anger usually means aggression. T F
11. Children often act sad to get their way? T F
12. I think sadness is okay as long as it is under control. T F
13. Sadness is something one has to get over, to ride out, no to dwell on. T F
14. I don't mind dealing with a child sadness, so long as it doesn't last long. T F
15. I prefer a happy child to a child who is overly emotional. T F
16. When my child is sad, it's a time to problem solve. T F
17. I help my child get over sadness quickly so they can move on to better things. T F
18. I don't see a child being sad as any kind of opportunity to teach the child. T F
19. I think when kids are sad they have overemphasized the negativity in life. T F
20. When my child is acting angry, he/she turns into a real brat. T F
21. I set limits on my child's anger. T F

22. When my child acts sad, it's to get attention T F
23. Anger is an emotion worth exploring. T F
24. A lot of a child's anger comes from the child lack of understanding  
and immaturity. T F
25. I try to change my child's angry moods into cheerful ones. T F
26. You should express the anger you feel. T F
27. When my child is sad, it's a chance to get close. T F
28. Children really have very little to be angry about. T F
29. When my child is sad, I try to help the child explore what is making  
him/her sad. T F
30. When my child is sad, I show my child that I understand. T F
31. I want my child to experience sadness. T F
32. The important thing is to find out why a child is feeling sad. T F
33. Childhood is a happy-go-lucky time, not a time for feeling sad. T F
34. When my child is sad, we sit down and talk over the sadness. T F
35. When my child is sad, I try to help him figure out why. T F
36. When my child is angry, it's an opportunity for getting close. T F
37. When my child is angry, I take some time to try to experience this feeling  
with my child. T F
38. I want my child to experience anger. T F
39. I think it is good for my kids to experience anger sometimes. T F
40. The important thing is to find out why the child is feeling angry. T F
41. When she/he gets sad, I warn him/her about developing a bad character. T F
42. When my child is sad, I'm worried he/she will develop a negative personality. T F
43. I'm not really trying to teach my child anything in particular about sadness. T F
44. If there is a reason I have about sadness it's that it's okay to express it. T F

45. I'm not sure there's anything that can be done to change sadness. T F
46. There's not much you can do for a sad child beyond offering him/her comfort. T F
47. When my child is sad, I try to let him/her know I love them no matter what. T F
48. When my child is sad, I don't know what he/she wants me to do. T F
49. I'm not really trying to teach my child anything in particular about anger. T F
50. If there's a lesson I have about anger it's that it's okay to express it. T F
51. When my child is angry, I try to be understanding of his/her mood. T F
52. When my child is angry, I try to let him/her know that I love her no matter what. T F
53. When my child is angry, I'm not sure what he she wants. T F
54. My child has a bad temper and I worry about it. T F
55. I don't think it is right for a child to show anger. T F
56. Angry people are out of control. T F
57. A child's expressing anger amounts to a temper tantrum. T F
58. Kids get angry to get their own way. T F
59. When my child gets angry, I worry about his destructive tendencies. T F
60. If you let kids get angry, I worry about his destructive tendencies. T F
61. Angry children are being disrespectful. T F
62. Kids are pretty funny when they are angry. T F
63. Anger tends to cloud the judgment and I do things I regret. T F
64. When my child is angry, it's time to solve a problem. T F
65. When my child gets angry, I think it is a time for a spanking. T F
66. When my child gets angry, my goal is to get him to stop. T F
67. I don't make a big deal out of my child's anger. T F
68. When my child is angry, I usually don't take it all that serious. T F
69. When I'm angry, I feel like I'm going to explode. T F
70. Anger accomplishes nothing. T F

71. Anger is exciting for a child to express. T F
72. A child's anger is important. T F
73. Children have the right to feel angry. T F
74. When my child is mad, I just find out what is making him/her mad. T F
75. It's important to help the child find out what caused the child's anger. T F
76. When my child gets angry with me, I think, "I don't want to hear this." T F
77. When my child is angry, I think, "if only he could learn to  
role with the punches." T F
78. When my child is angry, I think, "why can't she accept things as they are." T F
79. I want my child to get angry to stand up for himself. T F
80. I don't make a big deal out of my child's sadness. T F
81. When my child is angry, I want to know what he/she is thinking. T F