**Affectionate Assertiveness:**

1. **The Soft Serve Test**

Next to each statement…

4 Always / 3 Frequently / 2 Sometimes / 1 Seldom / 0 Never

Rate your spouse’s parenting on these points (not yourself!).

|  |  |
| --- | --- |
| 1. Your spouse carries the child’s school bag.
 |  |
| 1. Your spouse allows the child to regularly complain about things (eg discomfort).
 |  |
| 1. Your spouse allows the child choice at dinner to have their own meal while the family eat something else.
 |  |
| 1. Cutting up the child’s dinner when he/she can do it themself.
 |  |
| 1. The child is allowed to sleep in or stay up late frequently.
 |  |
| 1. Gaming/TV watching occurs on Monday to Thursday nights.
 |  |
| 1. The child displays a lack of effort to be cheerful.
 |  |
| 1. The child rarely has to wait for things. Goods are purchased quickly whether he/she needs them or not.
 |  |
| 1. Giving the child significant decision making – eg. whether to go on a school camp or not.
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| 1. Overeating and drinking involving regular snacking.
 |  |
| 1. The child does not consult parents to go to the fridge / pantry.
 |  |
| 1. The home computers/laptops are not located in public, high traffic areas of the house.
 |  |
| 1. There is poor use of time in the holidays.
 |  |
| 1. The child makes little effort to converse with family and friends.
 |  |
| 1. The child is allowed to immediately give up on things he/she does not like (eg. subjects, sport, musical instruments, etc.).
 |  |
| 1. Purchasing superfluous items when it is sometimes to make up for a lack of 1-1 time with the child.
 |  |
| 1. Turning on the air conditioning when it is not really necessary.
 |  |
| 1. The parent helps their child in the attempt to get around the school’s expectations and policies (eg. writing letters to get he/she out of trouble for no homework when there is no valid excuse).
 |  |
| 1. Giving in when he/she complains or pesters about things (eg the purchase of a mobile phone at an age when they do not need it).
 |  |
| 1. Frequently handing out significant amounts of money.
 |  |
| 1. Both parents do not discuss and evaluate their level of assertive parenting with each other.
 |  |
| 1. Poor manners, disrespect and ingratitude are not corrected.
 |  |
| 1. The child rarely does chores at home.
 |  |
| 1. If parents do ask something of him/her, it is not done or completed poorly and so the parent ends up doing it for him/her.
 |  |
| 1. Allowing him/her to skip carnivals (swimming, athletics, cross country) or ‘non-essential’ school days.
 |  |
| 1. Failing to double check with the school or other parents when his story sounds dodgy. (Use of the word ‘everyone’ is often a giveaway).
 |  |
| 1. There is regular consumption of junk food.
 |  |
| 1. Parents do not confiscate anything when he/she has clearly misused it.
 |  |
| 1. He/she is allowed to take excessively long showers.
 |  |
| 1. Parental indecision in taking something away for a while when there is an addiction or serious lack of moderation (eg. computer games).
 |  |
| 1. Parents avoid correcting him/her in a significant area because they fear he/she will throw a tantrum.
 |  |
| 1. Parents do not step in if a relative/friend buys the child something they do not approve of.
 |  |
| 1. The TV is often on when no one is watching it.
 |  |
| 1. There is little quiet working time whereby during homework he/she is allowed to get up frequently to go to the fridge / toilet / join in whatever is on.
 |  |
| 1. Parents become anxious and overly concerned about their son’s/daughter’s safety (eg bushwalking / camping trips).
 |  |
| 1. Your spouse brings items to school that the child forgot (eg. homework, sports gear, lunch, water bottle).
 |  |
| 1. He/she displays negative thinking and puts things in the ‘too hard basket’.
 |  |
| 1. Lenten sacrifices are absent or poorly done.
 |  |
| 38.There is no effort to get involved in community service or maintenance around the house. |  |
|  39. During this survey your spouse frequently made excuses as to why the above scenarios are acceptable. |  |
|  40. If issues come up at school the parent makes excuses for their child.  |  |
|  41. There are two or more TVs in the house.  |  |
|  42. When the child is corrected at school the parent believes that the teacher is ‘picking on’ their child.  |  |
|  43. No effort is made by the parent to check what movies the children watch.  |  |
|  44. The child has a smartphone with internet access.  |  |
|  45. Consequences for misbehaviour are inconsistent or absent.  |  |
|  46. The child’s phone is charged in the bedroom overnight.  |  |
|  47. The child’s laptop is used in the bedroom.  |  |
|  48. Gaming is more than 2 hours per day on weekends.  |  |
|  49. The child uses their phone at inappropriate times (eg. dinner table) |  |
|  50. Youtube is often used for entertainment when the child should be doing homework.  |  |
|   **TOTAL =** | **/200** |
| **Key:**<20 = outstanding, 20-30 = very good, 30-50 = average, 50-80 = substantial soft parenting,above 80 = significant soft parenting.  |  |

**2. Affection test:**

4 Always / 3 Mostly / 2 Occasionally / 1 Seldom / 0 Never

|  |  |
| --- | --- |
| 1. You maintain good eye contact when he/she is speaking to you.
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| 1. You try to make conversation in the car.
 |  |
| 1. There is frequent one-one time with him/her.
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| 1. You provide physical affection that is age appropriate and he/she feels comfortable with it.
 |  |
| 1. You display cheerfulness.
 |  |
| 1. You are an active listener and show him/her that they have your undivided attention (eg clarifying what they has said).
 |  |
| 1. You display patience.
 |  |
| 1. Allowing him/her to finish before you begin speaking.
 |  |
| 1. Thoughtful gifts to him/her (does not have to be material) – eg a letter or card.
 |  |
| 1. He/she receives compliments he/she deserves.
 |  |
| 1. You involve him/her in outdoor activities.
 |  |
| 1. You say how proud you are of him/her.
 |  |
| 1. You ask how school is and bring up specific events (eg tests, carnivals, etc.).
 |  |
| 1. You share a sense of humour.
 |  |
| 1. You provide positive talk to the child.
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| 1. You help him/her form strategies when difficulties arise.
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| 1. You are responsive when you can tell he/she needs to talk (often at night).
 |  |
| 1. The family prays together (eg rosary, reading the scriptures, Mass attendance, etc).
 |  |
| 1. You out for a meal.
 |  |
| 1. Hospitality towards your child’s friends.
 |  |
| 1. Your child spends time with grandparents.
 |  |
| 1. You go on trips or family holidays.
 |  |
| 1. You make the effort to tell stories.
 |  |
| 1. Doing chores with him/her.
 |  |
| 1. Household maintenance together (eg painting).
 |  |
| 1. Cooking together.
 |  |
| 1. When watching TV, you have brief discussions about the show.
 |  |
| 1. Ability to laugh at oneself.
 |  |
| 1. Humility to see when you have made a mistake and rectify.
 |  |
| 1. Quick to apologise.
 |  |
| 1. Avoid put downs.
 |  |
| 1. Saying “I love you”, “I am proud of you”.
 |  |
| 1. Extinguishing arguments and keeping calm.
 |  |
| 1. Having conservation at the dinner table with the TV off.
 |  |
| 1. Loving him/her unconditionally even when he/she is performing poorly at school and/or at home.
 |  |
| 1. Giving him/her scope for appropriate decision making and valuing their opinion.
 |  |
| 1. Explaining the reasons behind your decisions.
 |  |
| 1. Taking him/her seriously when they are upset.
 |  |
| 1. Avoiding comparison of siblings.
 |  |
| 1. Avoiding the word always (eg you always leave your room in a pigsty).
 |  |
| 1. Modelling affection with your spouse.
 |  |
| 1. Making sacrifices for him/her when necessary.
 |  |
| 1. Sincerity with your son/daughter.
 |  |
| 1. You trust your son’s/daughter’s integrity and are trusting more over time with their judgment.
 |  |
| 1. You respect their freedom and explain the true meaning of it (to desire the truth and do good).
 |  |
| 1. Physical discipline has been phased out by the time they reach secondary school.
 |  |
| 1. You attend his/her extracurricular activities.
 |  |
| 1. You correct him/her in a calm, respectful way.
 |  |
| 1. You reward him/her when he has done well.
 |  |
| 1. Playful wrestling (age appropriate!).
 |  |
| 1. You make the effort to overcome a hard day at work and give of yourself to the family.
 |  |
| 1. Showing gratitude and thanking them.
 |  |
| 1. Acts of service – eg checking an assignment, making them a snack when he/she is flat out with school work.
 |  |
| 1. Including him/her in daily activities – eg shopping.
 |  |
| 1. Helping him/her set goals.
 |  |
| 1. Disciplining in a respectful way (making requests, then commands if no response, then other strategies like time in their bedroom, etc).
 |  |
| 1. Reassuring him/her when they are stressed or anxious.
 |  |
| 1. If he/she is tired, leaving an issue until the next day.
 |  |
| 1. Helping him/her express emotion and anger so he can best deal with it logically.
 |  |
| 1. You provide good example with all the above in your relations with your spouse.
 |  |
| Add up your scores **TOTAL =**  | **/240** |