



## Parenting Self-Assessment

*Read the following assessment questions and indicate Yes or No.*

After you've completed this assessment, discuss the results with your spouse or a trusted friend. Talk about any changes that are needed and make specific plans for what those changes will look like.

1. I spend regular, quality, uninterrupted time alone with my spouse at least once a week [if married].
2. I spend regular, quality, uninterrupted time with my children at least once a week.
3. I know who my children's friends are, what they're doing in school, and the stresses they're under.
4. My spouse and children truly know me. I share with them my feelings and concerns.
5. I'm approachable to my spouse and family. They're not hesitant to vulnerably share their feelings or to approach me when I've offended them.
6. I keep up with and give priority to family birthdays and other special occasions.
7. I spend regular, quality time deepening my intimate walk with God and becoming equipped in His Word.
8. I seek to share Christ with others in word and by example. I start by sharing Christ with my family.
9. My checkbook, ministry commitments, TV, and reading habits reflect my love for God and devotion to my family.
10. I often use my discretionary time to "enter into my family's world" and do what they want to do.