

**Antelope Springs**  
**Advanced Parenting**  
**Final Personal Survey**

1. What types of changes have you made as a result of attending class?
2. List at least 3 things that you have realized about yourself the last 2 months, as a result of your work in the Parenting Class.
  
3. Circle the areas of emotion coaching that you are practicing now,
  1. Become aware of the child's emotion
  2. Recognize the emotion as an opportunity for intimacy and teaching
  3. Listen empathetically, validating the child's feelings
  4. Help the child to find words to label the emotion he is having
  5. Set limits while exploring strategies to solve the problem at hand
  
4. Talk about some ways that you have shown your children that you are aware of their emotions.
5. Talk briefly about your skills as a listener . . . How well do you validate? Empathize? Mirror? Look for your strengths.
6. In what ways could you improve on your listening skills? What obstacles are in the way of making those changes now?
7. How has your birth order position influenced the way that you parent?
8. What strengths do you see from your birth order position?
9. Talk briefly about a couple of experiences where you encouraged someone else in the last 3 months.
10. How has your presence in class benefited other class members? How are you valuable in class?
11. List at least one courageous thing that you have done in class.
12. List at least one kind act that you performed in class.
13. List at least three ways that you are kind by nature.

14. Talk about how you have used natural consequences in dealing with someone.
15. Talk briefly on the contrast between how you interact with others now compared to a year ago.
16. The main differences between punishment and discipline are:

Punishment

Discipline

17. List at least 6 ways to encourage someone else. . . then star those that you can now do effectively
18. The 4 basic goals of misbehavior are:
18. Gottman states that research suggests some of the most common results of divorce on children are:
19. Name some situations that might warrant a divorce.
20. Fathers have specific impact on how children \_\_\_\_\_.
21. That father’s influence takes place mainly through \_\_\_\_\_.
22. Dinkmeyer claims that “all behavior is \_\_\_\_\_.”
23. When a family encourages competition between family members, we commonly see . . . . (list 4 results)
24. 4 ways to encourage a family to be more cooperative are. . .
25. What is the Gregoric test used for? How can you use the results of that test in enhancing your parenting style?
26. How is the Adlerian Lifestyles Priority Indicator useful? What does it measure? What were your scores?
27. What are a few key ideas that might help in structuring a family meeting for success?
28. Anger is a \_\_\_\_\_ for \_\_\_\_\_ and rage is the only emotion that overcomes \_\_\_\_\_.
29. We talked about 3 different styles of parenting that are problematic. (Gottman) List them and define each one. What are the particular problems with each? What does Gottman suggest that you use instead?
30. What are your concrete, specific and detailed goals on how you are going to apply the concepts/techniques learned in class?
31. Define Laissez-Faire. What are the problems with this style of parenting?

32. What style of parenting did your parenting use with you? What impact has that had on you?
33. Gottman suggests that complaining in marriage is ok. Why? How is a complaint different from criticism?
34. What is emotional leveraging? Why is it so powerful?
35. What are some of the price tags associated with emotional leveraging?
36. What is Ellis' paradigm? How can this help you with being free?
37. What is the definition of "core beliefs" or "inner sentences"?
38. Why is understanding your inner sentence or core belief important?
39. When we are defensive it is usually in 1 of 3 ways, name the 3 defensive responses and then circle the one that you use the most often.
40. Evidence gathering is usually accomplished in 4 different ways. Name all 4 and define each one.
41. Finish the sentence and then explain it. "Perception is \_\_\_ that \_\_\_\_\_ \_\_\_.
42. The "B" part of Ellis's paradigm is? Define how it works.
43. Dinkmeyer states that "Misbehaving children are \_\_\_\_\_ and or \_\_\_\_\_"
44. Ego Esteem differs from Self Esteem in what general ways?
45. An external locus of control means that. . . ?
46. Name at least 3 problems/price tags with an external locus of control.
47. Gottman talks about PSO, what is that and how does it work?
48. What are 3 ways that you can have more PSO in your life?
49. Detail out how to compose a Passion List.
50. List 5 qualities that you have, that you feel positively impact those around you.

## Overview of books for Parenting Teens class:

- a. **Yes, Your Teen is Crazy!** By Bradley
- b. **Yes, Your Parents Are Crazy** by Bradley.
- c. **Parenting Teenagers** by Dinkmeyer and McKay
- d. **What Teens Need to Succeed** by Bensen, Galbraith and Espeland.

Other referenced books:

**Positive Discipline** by Jane Nelson,  
**Raising Self Reliant Children in a Self-Indulgent World** by Glenn & Nelson,  
**Parents, Teen and Boundaries** by Jane Bluestein

For help in parenting younger children, we suggest the following:

1. **Positive Discipline for Preschoolers: For Their Early Years – Raising Children Who are Responsible, Respectful and Resourceful.**  
By Jane Nelson
2. **Positive Discipline: The First Three Years: From Infant to Toddler- Laying the Foundation for Raising a Capable, Confident Child**  
By Jane Nelson
3. **Parenting Young Children: Systematic Training for Effective Parenting**  
By Dinkmeyer and McKay