

Module #6 Attachment

Handout #6.7 Parenting Profile for Developing Attachment©

Respond from 1-5. 1 represents very little; 5 a great deal of the characteristic/skill.

Focus on adult's abilities, not whether or not the child is receptive to the interaction.

	My Perception Of Self	My Perception of Spouse/Friend
(1=very little 5=very much)		
1. Able to maintain a sense of humor-----	_____	_____
2. Comfortable with giving physical affection-----	_____	_____
3. Comfortable receiving physical affection-----	_____	_____
4. Ready to comfort child in distress-----	_____	_____
5. Able to be playful with child-----	_____	_____
6. Ready to listen to child's thoughts and feelings-----	_____	_____
7. Able to be calm and relaxed much of the time-----	_____	_____
8. Patient with child's mistakes-----	_____	_____
9. Patient with child's misbehaviors-----	_____	_____
10. Patient with child's anger and defiance-----	_____	_____
11. Patient with child's primary two symptoms-----	_____	_____
12. Comfortable expressing love for child-----	_____	_____
13. Able to show empathy for child's distress-----	_____	_____
14. Able to show empathy for child's anger-----	_____	_____
15. Able to set limits, with empathy, not anger-----	_____	_____
16. Able to give consequence, regardless of his response----	_____	_____
17. Able and willing to give child much supervision-----	_____	_____
18. Able and willing to give child much "mom-time"-----	_____	_____
19. Able to express anger in a quick, to the point, manner----	_____	_____
20. Able to "get over it" quickly after conflict with child-----	_____	_____
21. Able to allow child to accept consequence of choice----	_____	_____

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- 22. Able to accept, though not necessarily agree with,
the thoughts and feelings of your child.----- _____ _____
- 23. Able to accept, though you may still discipline,
the behavior of your child.----- _____ _____
- 24. Able to receive support from other adults
in raising this difficult child.----- _____ _____
- 25. Able to acknowledge failings and mistakes
in raising this difficult child.----- _____ _____
- 26. Able to ask for help from people you trust----- _____ _____
- 27. Able to refrain from allowing your child's
problems to become your problems.----- _____ _____
- 28. Able to cope with criticism from other adults
about how you raise your child.----- _____ _____
- 29. Able to avoid experiencing shame and rage over
your failures to help your child.----- _____ _____
- 30. Able to remain focused on the long-term goals.----- _____ _____

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