

Reflecting on Your Parenting Journey: A Self-Exploration Questionnaire

Instructions: Please complete the following questionnaire that I have designed for you to explore your own upbringing and how it directly affects how you parent today.

Name: _____ Partner's Name: _____

Address: _____ Email: _____

Phone: _____

Children birthday and ages: _____

Reflecting on Your Childhood

Describe Your Childhood:

How would you describe your parents' overall parenting style?

How involved were your extended family members (grandparents, aunts, uncles, etc.) in your upbringing?

Parenting Styles:

Authoritarian:

Were your parents very strict, with clear rules and expectations? How did they enforce discipline?

How did you feel about their approach?

How do you think this has influenced your own parenting style?

Authoritative:

Were your parents supportive and nurturing while also setting clear boundaries? How did they balance discipline with warmth?

How did you feel about their approach?

How do you think this has influenced your own parenting style?

Permissive:

Were your parents lenient, allowing you considerable freedom? How did they handle discipline and structure?

How did you feel about their approach?

How do you think this has influenced your own parenting style?

Uninvolved:

Were your parents detached, providing little guidance or support? How did they handle discipline and involvement?

How did you feel about their approach?

How do you think this has influenced your own parenting style?

Specific Parenting Practices:

Describe any specific practices your parents used that you remember vividly (e.g., time-outs, grounding, rewards, punishments).

How did these practices make you feel as a child?

Do you use any similar practices with your own children? Why or why not?

Emotional and Physical Support:

How did your parents express love and support?

How did they handle your emotional needs?

Were there any instances of physical discipline? How did it affect you?

Communication:

How did your parents communicate with you?

Were they open to discussing your thoughts and feelings?

How has this shaped the way you communicate with your children?

Extended Family Influence:

How did extended family members influence your upbringing?

Were they supportive or critical of your parents' methods?

How has their involvement shaped your views on parenting?

Parenting Challenges:

What challenges did your parents face in raising you?

How did they handle these challenges?

How have these experiences shaped your approach to handling challenges with your own children?

Comparing Past and Present:

How do your parenting methods compare to those of your parents?

What aspects of your parents' style have you adopted or rejected?

How do you think your childhood experiences have impacted your relationship with your children?

Self-Reflection:

What have you learned about yourself and your parenting style through reflecting on your own upbringing?

Are there areas where you wish to improve or change your approach to parenting?

Deep Dive into How You Were Parented

Parental Relationships:

What did you resent about your parents and how they parented you?

What did you appreciate and value about their parenting?

What did you not understand as a kid but now appreciate?

What did you feel was unfair in your upbringing?

What did you see as respect? Did you respect your parents?

Were you forced to respect them? Explain how.

Did you fear your parents? If so, explain how.

Who was a push-over in your family?

Who could you trust to do what they said they would do?

Who was the disciplinarian?

Who was the "boss" of the house?

Who did you see as weak and why?

Safety and Trust:

Did you feel safe at home?

Did you trust your parents to take care of you? If not, explain.

What did you worry about most as a child?

Abuse:

Was there any emotional abuse? Explain.

Was there any physical abuse? Explain.

Was there any verbal abuse? Explain.

Role Modeling:

What did the man of the house role model in how to treat a woman?

What did the woman of the house role model in how to treat a man?

What did you learn about marriage/relationships from your parents?

Did you fear your mom? Explain.

Did you fear your dad? Explain.

Non-Verbal Communication:

What were the non-verbal clues you remember about your parents in getting their point across?

Love and Security:

Did you feel loved in your home?

Did you feel secure in your home?

Having a Voice as a Child:

Were you allowed to have and state an opinion?

Were you allowed to ask questions regarding why your parent made a decision about you?

Were you invited to share your opinions?

Were you allowed to challenge your parents' opinions?

Did you negotiate with your parents?

Were you expected to keep your mouth shut and "do as I say"?

Were you told, "Because I am the parent"?

Were you told, "You are the child and I am the parent"?

Were you allowed to ask "why"?

Did you find your parents justifying the rules?

Did you feel your parents were trying to be your friend instead of a parent?

Did you tell your parents everything?

Did you share things with your parents that might upset them, but they handled it well?

Was respect demanded or earned?

What did you "hate" about your parents?

What do you see now as beneficial but hated as a kid?

Additional Questions:

What boundaries do you instill with your child?

Is your child allowed to have a voice in your home? Explain.

What do you see as functional in your home?

What do you see as dysfunctional in your home?

What do you feel you need to change as a parent?

What do you feel your partner needs to change as a parent?

Who is your support network?

What do you want your kids to experience that you were not allowed to have or experience in your own childhood?

How did you feel about this as a child?

What do you want to change about how your parents raised you for your own kids?

Do you look up to your parents now for how they raised you?

What do you see that you are currently doing that is detrimental to your child?

What do you see that you have done in the past that you view as detrimental?

Thank you for taking the time to reflect on these questions. Your insights are invaluable in understanding how your past experiences shape your current parenting style and can help in making more informed and intentional parenting choices.