

PARENTAL DISCIPLINE ASSESSEMENT

Date: ___ / ___ / ___ Time: _____ Place: _____

What was the offense? _____

Evaluation of Parental Response Prior to Formal Discipline: (Circle One)

- | | | |
|---|-----|-------|
| 1. Did you remain calm? | Yes | No |
| 2. Did you restrain from making hallow threats of punishment? | Yes | No |
| 3. Did you restrain from shaming or embarrassing the child? | Yes | No |
| 4. Did you restrain from physical aggression? | Yes | No |
| 5. Did you resist viewing the episode as a power struggle? | Yes | No |
| 6. How many times did the action occur before you addressed it? | | _____ |

Evaluation of Disciplinary Conversation and Follow Through: (Circle one)

- | | | |
|--|-----|----|
| 1. Before acting the child knew the action was wrong. | Yes | No |
| 2. The child was asked to express that what they did wrong. | Yes | No |
| 3. The child was asked to answer a heart question. | Yes | No |
| 4. Opportunity for the child to repent was provided | Yes | No |
| 5. Discipline was administered within predefined parameters. | Yes | No |
| Discipline Administered: _____ | | |
| 6. Parents forgave and re-affirmed love for child. | Yes | No |
| 7. Parents followed through on discipline (if applicable). | Yes | No |

Heart Questions: What was it that was so important that you were willing to disobey? What did you think this action was going to achieve? What desire were you obeying when you did this? How would this action have provided security, identity, or pleasure? Who were you trying to please or win their approval? Do you think this was your "right"? (Use back of page if necessary)

Key Theme of Heart Question: _____

What elements of this disobedience (activity, patterns, threats, peer presence etc...) have been frequently repeated in past episodes of disobedience? (Use back of page if necessary)

