

# Life in the Middle Years

## Healthy Family Profile

Child's Name: \_\_\_\_\_

Section 1 - Write in your responses in the blanks adjacent to each question in this section rating the questions using a 1 to 5 scale.

- 1 = This is very representative of our child or our relationship.
- 2 = This is usually representative of our child or our relationship.
- 3 = Sometimes this is true of our child or our relationship, but just as often it is not.
- 4 = This is not usually true of our child or our relationship.
- 5 = This rarely, if ever, is true of our child or our relationship.

1. \_\_\_\_ If our preadolescent was at a neighbour's house and there was a questionable television program or movie on, my child would either call home to find out if it was okay or not watch it.
2. \_\_\_\_ Our preadolescent is characterised by self-generated initiative
3. \_\_\_\_ Our preadolescent is characterised by the same level of behaviour outside our presence as when he/she is with us.
4. \_\_\_\_ If our preadolescent has been in trouble away from us, he/she would come and tell us before we found out from someone else.
5. \_\_\_\_ Our preadolescent is beginning to pursue his/her own relationship with God.
6. \_\_\_\_ If our preadolescent sees a piece of paper on the floor, even if he/she didn't drop it he/she would be characterised by picking it up.
7. \_\_\_\_ At this age, our preadolescent knows the moral reason why for most instructions we give.
8. \_\_\_\_ Our preadolescent is characterised by using the Appeal Process.
9. \_\_\_\_ Our preadolescent considers his/her siblings as part of his/her inner circle of best friends.
10. \_\_\_\_ For his or her age, our preadolescent is wise to the world but not worldly wise.
11. \_\_\_\_ Our preadolescent looks forward to special family times when it is just us together.
12. \_\_\_\_ Our preadolescent can accept "No" for an answer without blowing up.
13. \_\_\_\_ Our preadolescent knows that if we wrong him/her in any way, he/he can count on an apology from us.
14. \_\_\_\_ Our preadolescent picks up after himself or herself.
15. \_\_\_\_ In our family, we practise seeking forgiveness from one another, rather than just saying, "I'm sorry."

Section One Score \_\_\_\_\_

Section 2 - Writing in your responses on the blanks adjacent to each question in this section, rate the questions using a 5 to 1 scale.

- 5 = Always true, or this is very representative of our middle-years child's feelings, our feelings, or our relationship.
- 4 = Often the case, or this is usually representative of our middle-years child's feelings, our feelings, or our relationship.
- 3 = Sometimes this is true, but just as often it is not.
- 2 = This happens, but not often. Or, this is not usually representative of our middle-years child feelings, our feelings, or our relationship.
- 1 = This rarely, if ever, of our middle-years child or our relationship.

1. \_\_\_\_ Our preadolescent seems to have a split personality. He acts one way when he is with us, but is not as yielding when at school or church.
2. \_\_\_\_ Our preadolescent is jealous and pouts when something good happens to a sibling but does not happen to him/her.
3. \_\_\_\_ Now that our child is in the middle years, we seem to be tightening the boundaries more than loosening them.
4. \_\_\_\_ We are beginning to notice that peers are having a greater negative influence on our preadolescent's attitudes than we are having a positive influence on his/her attitudes.
5. \_\_\_\_ We are always reminding our preadolescent to pick up after himself or herself.
6. \_\_\_\_ When we ask our preadolescent to do something, we always end up in a power struggle.
7. \_\_\_\_ Worldly, trendy fashions are becoming a source of conflict between our preadolescent and us.
8. \_\_\_\_ Our preadolescent seems to frequently take advantage of siblings.
9. \_\_\_\_ Our gets angry when things don't go his or her way
10. \_\_\_\_ Our preadolescent seems to make impetuous decisions without thought of future consequences.
11. \_\_\_\_ Our preadolescent will do something good to get out of doing what he or she was told.
12. \_\_\_\_ Our will tell us a partial truth or openly lie to us rather than admit responsibility.
13. \_\_\_\_ Our preadolescent is never satisfied with just "No." He is always trying to negotiate and push the boundary lines back.
14. \_\_\_\_ Even if we were just going next door, I don't think I could trust leaving my preadolescent alone for an hour.
15. \_\_\_\_ Our preadolescent tends to be drawn to the kids who are always getting in trouble rather than the good kids who stay out of trouble.

Section Two Score \_\_\_\_\_  
Section One Score \_\_\_\_\_  
Total \_\_\_\_\_

Scores for the Healthy Family Profile:

- 30 - 45 Healthy, right on Track, need to fine tune some issues.
- 46 - 60 Healthy, basically on track, working on some issues.
- 61 - 75 There are a number of behavioural concerns that if not corrected can lead to struggles and conflict during adolescence.
- 76 - 90 There are too many negative patterns signalling course correction is needed immediately.
- 91 - 150 Seriously off course. Consider taking (or retaking) the series Parenting from the Tree of Life