

PARENTAL UNITY ASSESSMENT SEG. 4



DIRECTIONS: Please answer each of the following questions by checking the appropriate box (rarely, sometimes, frequently). If you have more than one co-parent, fill out one assessment for each co-parent relationship.

My Name:

Co-Parent's Name:

RARELY SOMETIMES FREQUENTLY

DATE:

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| | 1. Even when arguing, we can maintain a sense of humor. |
| | 2. We are pretty good listeners even when we have different positions on things. |
| | 3. My co-parent is good at helping me calm down when I get frustrated. |
| | 4. We interrupt each other when talking about our concerns with our children. |
| | 5. Our conversations get too heated. |
| | 6. I have a hard time calming down during or after arguments. |
| | 7. My co-parent gets too upset to discuss things in a rational manner. |
| | 8. I appreciate the opportunity to work together in solving problems with my co-parent. |
| | 9. My co-parent has a lot of helpful ideas for how to solve problems. |
| | 10. We both believe in finding compromises when we disagree. |
| | 11. We are good at resolving our differences. |
| | 12. We argue about the same problems over and over again. |
| | 13. I don't feel respected when we disagree. |
| | 14. I want my co-parent to feel that they have an influence on decisions we make. |
| | 15. We are good at understanding each other's views before making a decision. |
| | 16. My co-parent seems to always think they have the best answer. |
| | 17. We can't seem to agree on how to handle the simplest things. |
| | 18. We consult with each other about big decisions. |
| | 19. I don't feel influential in the decisions we make. |
| | 20. I seem to get blamed when things go wrong with our children. |
| | 21. We tend to have the same goals for our children. |
| | 22. We share the same ideas for what "good parenting" means. |
| | 23. I find it helpful to go to my co-parent for support on matters related to our children. |
| | 24. My co-parent listens and understands my concerns and worries about our children. |
| | 25. Parenting is easier because of my co-parent. |
| | 26. My co-parent is aware of my concerns regarding our children. |
| | 27. We are aware of each other's hopes for our children. |
| | 28. I don't feel my co-parent understands my position on things. |
| | 29. I have to fight to be heard in our conversations. |
| | 30. I try hard to understand my co-parent's perspective. |
| | 31. I feel respected by my co-parent. |
| | 32. My concerns seem to be minimized. |
| | 33. I am interested in hearing my co-parent's opinion. |
| | 34. I feel bulldozed by my co-parent. |
| | 35. Even when we don't see eye to eye, we respect each other's opinions. |
| | 36. I can count on my co-parent to follow through with decisions we make. |
| | 37. I know if my children were to treat me with disrespect, my co-parent would stand up for me. |
| | 38. I can trust my co-parent to not speak negatively about me in front of our children. |
| | 39. I worry about the values my co-parent is teaching to our children. |
| | 40. We present as a unified front to our children. |
| | 41. We seem to be pulling in opposite directions. |
| | 42. Once a decision is made, we both stand by it even if our children disagree. |
| | 43. I worry about whether my co-parent is holding our children accountable when I'm not around. |
| | 44. We work together to figure out how to handle difficult situations. |
| | 45. Our children see us as being unified. |