

# *With All Due Respect:*

*40 Days to a More Fulfilling Relationship with Your Teens & Tweens*

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## Personal Parenting Assessment

### DISCIPLE

- Do I spend consistent time in prayer daily?
- Do I read the Bible frequently?
- Do I daily make decisions based on what I think would please God?
- Is my heart filled with gratitude for all God has done for me?
- Do I choose to live my life for God more than I concern myself with what other people think?
- Do I understand my need for the Holy Spirit living within me, guiding my steps, instead of depending on my own abilities?
- Is my relationship with God a living experience more than an intellectual concept?
- Do I regularly attend church?

### DISCIPLER

- Am I more concerned with being holy or making my teen happy?
- Do I actively discuss spiritual things with my teen?
- Do I help my teen navigate difficulties by going to the Bible?
- Do I let my teen know what I am struggling with (appropriately) and ask for prayer?
- Do I apologize and seek forgiveness from my teen when I hurt him or her or am wrong?
- Do I pray with my teen on a regular basis?

### COMMUNICATOR

- Am I concise in my communication more than I ramble and go off on tangents?
- Am I considered a good listener?
- Do I handle conflict with a gentle and calm tone more than being emotional?
- Does my teen confide in me?
- Do I communicate positively more than I am critical or sarcastic?
- Do I know the difference between criticism and coaching?
- Do I encourage and support more than I criticize and correct my kids in public?
- Do I only share stories about my kid with his or her permission?
- Do I have emotional control more than I react or judge when my teen opens up to me?
- Do I daily point out things my kid has done well?
- Does my teen perceive me as a positive person more than a complainer?
- Do I seek feedback from my kids about my attitude toward them?

- Do I know how to give advice to my teens in a way that allows them to hear it, and do they often take it?
- Does my teen seek me out for advice?
- Do I communicate openly with my teens more than I give them ultimatums?

## CONFIDENT AND ASSURED PARENT

- Do others perceive me as confident and God-dependent rather than arrogant, aggressive, controlling, manipulative, timid, or fearful?
- Do I feel courageous enough to do what God wants me to do?
- Do I have a spirit of power, love, and self-discipline?
- Do I know God's purposes for my life and trust He will help me succeed?
- Do I engage in difficult discussions in a healthy way, or do I avoid them or handle them aggressively?
- Am I confident in the decisions I make as a parent?
- Do I know when and how to let my teen fail and when and how to step in to help?
- Am I confident that God has things under control, so I have no need to manipulate others to make things happen a certain way?
- Do I apologize to my family members, including my kids, without making excuses or blaming someone else when I make mistakes?
- Am I preparing to launch my kid into adulthood more than trying to control his or her behavior?
- Can I receive criticism, praise, and negative or positive feedback about my tween or teen without taking it personally?
- Do my family members trust me?

## FAMILY RELATIONSHIP ARCHITECT

- Am I connected to my kid's other parent in a healthy relationship?
- Do I openly discuss concerns for our kids with the goal of reaching a unified decision with the other parent?
- Do I have peace more than I struggle with a blended family where relationships aren't clearly defined?
- Do I suggest ways to engage our kid in a deeper relationship with both parents separately and together?
- Do I understand and actively model healthy relationships with family members?
- Do I pursue learning the desires of each family member and encourage support by other family members?
- Do I encourage healthy communication with extended family either by providing opportunities or solidifying the boundaries?