

The Relationship Inventory for Children

INSTRUCTIONS

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| Step 1 | Photocopy this spread (pages 96 and 97) for you and your child. Use a pad of paper to write responses. Note the question # before each response. | Step 5 | When done, come back together. Agree on how much time you'll take to share your answers. I suggest at least 20 minutes. If possible, leave it open-ended. |
| Step 2 | Together, read aloud all 19 questions to make sure you both understand what's being asked. | Step 6 | DAD shares his answer to Question #1. |
| Step 3 | DAD must assure his CHILD that it's safe to be honest. DAD MUST SAY: "I want you to answer honestly. I promise to listen without getting upset. What you think is important to me." | Step 7 | CHILD shares their answer to Question #1. |
| Step 4 | Split up and write your answers to EVERY question alone. Agree to return in 20 minutes. If writing is problematic or your child needs help, simply talk through your responses. | Step 8 | Continue alternating responses to each question, in order, until finished. |
| | | Step 9 | When listening, focus on what's being said, not what you want to say. Use good body language. Don't interrupt or ask too many questions. |

QUESTIONS

SCHOOL, WORK & FRIENDS

1. A really important friend to me is _____ because...
2. I think my friends like me because...
3. Recently, my friends have been talking a lot about...
4. Something that my peers from school (for child) or work (for dad) do that I don't like or don't understand is...
5. Two things I like about school/work are...
6. If I could change one thing at school/work it would be...
7. CHILD: A current event happening in the world today that I am concerned or confused about is...
DADS: A current event I've been wondering if you've been affected by is...

YOU AND ME

8. Two qualities I like about myself are...
9. Two qualities I like about you are...
10. If I could change any two things about myself (attitude, appearance, behavior), I would change...
11. Something I'm very good at is...
12. Something I wish I was better at is...
13. Something I think you're very good at is...
14. FOR CHILD: Dad, when you were my age, were you...
FOR DAD: When I was your age, I...
15. FOR CHILD: Something I've always wanted to know about our family (today or in the past) is...
FOR DAD: Something I liked about my family life growing up and something that was challenging...
16. One of the nicest things you've done for me recently is...
17. One thing I could do to be a better child/dad is...
18. One thing you could do to be a better dad/child is...
19. I hope that we always...