

Twenty Questions



Because we are each unique, our parenting styles vary greatly. We each have our own past and family environment, and our own distinct strengths and weaknesses.

This survey is designed to help each of us assess the dynamics that constitute our parenting style. While not a scientific test, this tool has proven valuable in helping parents determine their parenting style and where there are opportunities for improvement. By better understanding our current parenting style and its impact on our children, we expose opportunities to make changes that might result in better-adjusted kids with a reduced risk of drug abuse.



Determining Your Parenting Style

Please indicate how much you agree or disagree with the following statements.

5—This completely captures what I think

4—I strongly agree with this statement

3—I could go along with this

2—yes and no, I'm not sure, no answer

1—I disagree somewhat

0—I completely disagree with this statement



1. It's important that my children do what I say—even if they don't understand why.
2. I often tell my children that I love them.
3. I set high standards for my children, and they face serious consequences if they don't meet those standards.
4. I give my kids a lot of freedom to explore their creative whims.
5. I expect my children to be models of good behavior for others.
6. When I discipline my children, they know I do it out of love.
7. If my children are afraid of me, that's a good thing.
8. I hug my children at least twice a day.

9. Children are naturally rebellious, so they need firm discipline to keep them in check.
10. Sometimes I apologize to my children if I've overreacted.
11. My children need to understand that I know what's right for them.
12. Most of the time I enjoy being with my children.
13. It's more important for my kids to do the right thing than to understand why it's right.
14. My children know they can talk to me about anything, and they do.
15. The most important thing I give my kids is a moral structure, on which they can build orderly lives.
16. I try to teach my children how to make good decisions on their own, even if it's not the same decision I would make.
17. My children know that disobedience will bring trouble.
18. When my children think of "home," they feel a sense of warmth.
19. I want my children to be proud to be part of this family, and motivated to uphold our standards.
20. I'm not very upset if my child breaks a rule in order to show compassion toward others.

SUBTOTAL O

SUBTOTAL E

When you've answered the questions, total up your responses to the odd-numbered statements (Subtotal O) and the even-numbered statements (Subtotal E).

The ODD-numbered responses give us a score for CONTROL, one of the major dynamics involved in your parenting style.

The EVEN-numbered responses give us a score for WARMTH, another important dynamic.

What is your parenting style?

If **both** your ODD (Control) score and your EVEN (Warmth) score are **under 25**, you appear to have an **Indifferent** parenting style. In homes like this, children are **most** at risk for drug abuse, because they have little control over their behavior and little emotional support.

If your **EVEN** (Warmth) score is **25 or more** and your **ODD** (Control) score is **under 25**, you appear to have a **Permissive** parenting style. In homes like this, children have a **moderate** risk of drug abuse. They can turn out to be active, outgoing, creative people, but the lack of control makes them liable to try anything.

If your **ODD** (Control) score is **25 or more** and your **EVEN** (Warmth) score is **under 25**, you appear to have an **Authoritarian** parenting style. In homes like this, children have **moderate** risk of drug abuse. They may rebel against parental control or become over-dependent and passive--until they go out on their own.

If **both** your ODD (Control) score and your EVEN (Warmth) score are **25 or more**, you appear to have an **Authoritative** parenting style. Note the difference from the previous style. While parents exert control, they also display warmth. In homes like this, children are **least** at risk for drug abuse. They are well-adjusted and self-reliant, practicing self-control.



PLEASE NOTE: This is not a scientific test. It is intended to raise the questions of control and warmth in parenting, not to judge one's ability as a parent, and certainly not to determine whether your child will do drugs. If you don't like your score, there might be flaws in the test--or you might want to think about ways to build more control and/or warmth into your parenting.