

PARENTING MANIPULATION TEST

To what degree are your children manipulating you? This short quiz can help identify specific areas to work on and guard against as you parent your children. Beside each statement, mark the appropriate box that best describes what you believe to be true. Where helpful, seek input from your spouse, family members, friends, etc.¹

Scale: 0 = Never 1 = Hardly ever 2 = Seldom 3 = Occasionally
 4 = Frequently 5 = Almost always 6 = Always

		0	1	2	3	4	5	6
1.	I have to repeat and/or reword instructions before my children follow them.							
2.	When I ask my children to do something, they ask me "Why?"							
3.	I find myself having to justify my decisions to my children.							
4.	I have grown weary of certain "topics" which seem to be discussed over and over again with my children.							
5.	My children play one parent against the other (i.e., if one says "No", they appeal to the other).							
6.	I walk away from discussions with my children feeling guilty.							
7.	My children frequently lie to me.							
8.	All of the children are disciplined almost entirely by one parent.							
9.	I rescind disciplinary actions (or lift restrictions) because of sympathetic appeals by my children.							
10.	I find myself negotiating and compromising value issues with my children.							
11.	I find myself defending my positions to my children.							
12.	I get frustrated because my children seem beyond my control.							
13.	I get sidetracked by my children's clever distractions when I attempt to discipline them.							
14.	My children try to obligate me to behave a certain way by telling me what I should, ought, or must do (for other than biblical reasons).							
15.	When my children want something from me, they try to motivate me to give it to them without telling me directly what they want.							

¹ Adapted from "How to Conquer Disrespect and Manipulation in Children", Atlanta Biblical Counseling Center