

## Thoughts Quiz

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**Instructions:** Reflect back on a recent problem situation and circle a response that best matches what you were thinking at the time. For each of the statements below, estimate what was going through your mind at the time by indicating if you “strongly disagree” to “strongly agree” that you were thinking something like this around the time of the difficult situation

Thoughts	Strongly Disagree			Strongly Agree	
1. I have little or no control over this situation.	1	2	3	4	5
2. I'm not sure how best to handle this situation.	1	2	3	4	5
3. In this situation, others are judging me negatively as a parent.	1	2	3	4	5
4. In this situation, others are judging my child negatively.	1	2	3	4	5
5. My child is not able to control this behavior.	1	2	3	4	5
6. My child's disability or condition is causing or contributing to this problem.	1	2	3	4	5
7. This type of situation is always a problem for my child.	1	2	3	4	5
8. This will never get better or may become worse.	1	2	3	4	5
9. I will never have time for just me.	1	2	3	4	5
10. My child is doing this on purpose.	1	2	3	4	5
11. This situation is (spouse's, partner's, family member's or other's) fault for not handling this like I suggested.	1	2	3	4	5
12. It is my fault that this is a problem.	1	2	3	4	5
13. Why am I always responsible for my child's behavior?	1	2	3	4	5

### Scoring

For each thought that you scored a 4 or 5, consider those themes when examining your thoughts in difficult and successful situations with your child.