THRIVE EMERGE

Parent Self-Assessment

Are We in Survival Mode?

This self-reflection is not diagnostic. It is simply an invitation to pause and notice patterns.

Emotional Check-In

When you think about your child and school, what emotion surfaces first?

☐ Anxiety: “What’s coming next?”

☐ Frustration: “Why is this still happening?”

☐ Confusion: “I don’t know what the right move is.”

☐ Guilt: “Maybe I’m not handling this well.”

☐ Resentment: “Why does this take so much energy?”

☐ Hopelessness: “Is this ever going to change?”

☐ Determination: “We’ll figure it out.”

What does that emotion do in your body? Tightness? Racing thoughts? Fatigue?

Role Inventory

In your family, you most often act as:

☐ Advocate in meetings

☐ Project manager tracking assignments

☐ Enforcer of deadlines

☐ Emotional regulator for your child

☐ Interpreter between school language and your child’s experience

☐ Researcher trying to understand diagnoses and testing

☐ Crisis manager

☐ All of the above

Which role feels heaviest right now?

Beliefs Underneath the Stress

Consider which of these thoughts feels familiar:

- “If I step back, everything will collapse.”
- “The school should be doing more.”
- “My child is capable but not applying themselves.”
- “I don’t know whether to push harder or protect more.”
- “This pattern will limit their future.”

Beliefs shape strategy. Some beliefs mobilize us. Others trap us in urgency.

Reflection

If you could change one thing about how school stress shows up in your home, what would it be?

More calm? More clarity? Less conflict? More independence?

Awareness is the beginning of strategy.