THRIVE EMERGE

Parent Self-Assessment

The Parent Reset Check-In: What's Your Pattern?

Parenting neurodivergent children is a learning journey. This self-assessment can help you identify ways to better support your child's growth and development.

Rate each statement from 0–3
0 = not true for me
1 = sometimes true
2 = often true
3 = very true / major struggle

Expectations & Grief

☐ I struggle to accept the pace of my child's development.

☐ I feel grief about what I expected their life to look like.

☐ I compare them to peers or siblings (even silently).

☐ I worry constantly about their future.

Emotional Reactivity

☐ I escalate quickly when my child escalates.

☐ I feel panicked when my child is distressed.

☐ I struggle to stay calm during conflict.

☐ I feel guilt or shame after I lose my patience.

Avoidance & Communication

☐ I avoid hard conversations because I fear conflict.

☐ I walk on eggshells to prevent blow-ups.

☐ I avoid setting limits because I don't want the fallout.

☐ I struggle to be honest without feeling "mean."

Boundaries & Follow-Through

☐ I give too many warnings and not enough follow-through.

☐ Consequences are inconsistent in our home.

☐ I rescue my child from discomfort too quickly.

☐ I feel like my child's emotions control the household.

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Co-Parent Coordination

☐ My co-parent and I are not aligned.

☐ We avoid parenting conversations because they turn into fights.

☐ One of us is the “strict one” and the other is the “soft one.”

☐ Our child gets mixed messages depending on which parent they ask.

Your Reset Target

Now choose:

Top 2 areas where I feel most stuck:

1. _____
2. _____

One area I’m willing to improve by 10% this month:

_____

One small shift I can practice this week:

_____