

Quiz: Are You A Parent With Backbone?

Are you ready to step up and take a stand? Are you ready to be supportive and loving but firm on what you will accept or not accept from your young adult? Below is a list of actions that demonstrate parental integrity. To what extent do you exhibit these behaviors? Use the following rating scale.

0 1 2 3 4 5 6 7 8 9 10

Not at all ready

Completely ready

- _____ A. I have a deep understanding of the importance of communicating my expectations and setting boundaries and sticking with them.
- _____ B. I am willing to act out of love and not out of anxiety, fear, or possible rejection by my young adult.
- _____ C. I believe I can be calm and manage my anxiety, fear, or hurt in the face of an angry or rejecting response from my young adult.
- _____ D. I believe that I am available, accessible, and willing to listen and understand my young adult's needs and interests before I share my perspectives.
- _____ E. I am willing to live with the consequences of taking a stand in the name of love and support of my young adult's progress toward mature independence.
- _____ F. I am willing to change, admit when I am wrong, and be both firm and flexible. I am open to compromise and negotiation when it is in the best interest of the young adult's progress toward mature independence.
- _____ G. I firmly embrace the assumptions that I am not responsible for my young adult's actions and will not excuse their behavior or my own based on past mistakes, failures, or shortcomings.
- _____ H. I am willing to make it clear in words and actions that my love is unconditional and will never change, but my approval for their decisions and actions is not.
- _____ I. I have apologized for specific mistakes that I have made in parenting and won't allow guilt to undermine my integrity.
- _____ J. I have forgiven myself as well as the young adult for past failures and shortcomings.

_____ **Your Score (add ratings A-J)**

How did you score (a higher score is better)? Can you identify some actions that you need to change? Which two actions were your lowest? Check them on the list. What can you do to increase one or more of these scores?

To learn more about how to strengthen your backbone, consider ordering - *Supportive Integrity: Parenting Our Young Adults With Love and Backbone* available in digital download or print on this website.