

## Quiz: Do You Have Problems Demonstrating Integrity

Below is a list of actions that may suggest you are having a problem with parental integrity. To what extent do you exhibit these behaviors? Use the following scale and write your number in front of each statement.

0 1 2 3 4 5 6 7 8 9 10

Not at all

Completely

- \_\_\_\_ A. Avoid bringing up an issue or concern because you fear your young adult's reaction.
- \_\_\_\_ B. Doing things for your young adult that they could do for themselves.
- \_\_\_\_ C. Support, excuse (they are stressed, depressed, forgot), or allow irresponsible behavior.
- \_\_\_\_ D. Give in on a request that you know is not right according to your values.
- \_\_\_\_ E. Intervene with people and institutions (school, work, doctor) on behalf of your young adult.
- \_\_\_\_ F. Do things for your young adult primarily to make you feel better or less guilty.
- \_\_\_\_ G. Tolerate verbal or physical abusive behavior.
- \_\_\_\_ H. Blame others for the failures of the young adult and promote a victim mindset.
- \_\_\_\_ I. Excuse behavior due to a condition or disability that does not prevent the young adult from performing the task.
- \_\_\_\_ J. Ignore your own needs and self-care and overextend yourself on behalf of your young adult.
- \_\_\_\_ **Your Score (add ratings A-J)**

How did you score (a lower score is better)? Can you identify some actions that you need to change?

To learn more about the behaviors above and how these foster or enable dependency versus responsible independence consider ordering *Parenting Our Young Adults With Love & Backbone: The Practice of Supportive Integrity* available in digital download or print form on this website.