

Unconditional Love Expressions Quiz

Please complete the quiz that follows. Answer the questions in the way you think your young adult son or daughter would answer these. This will give you an idea of how well you think you do in expressing unconditional love in the eyes of your young adult. Once you have completed the quiz, click on the "Unconditional Love Interview Questions under the INTERVIEW section of the website. In the interview section on unconditional love you will learn how to gain an understanding of your millennial's views on these quiz items, what gaps might exist in your scores and what you can do to close any such gaps.

Parent Self Quiz on Unconditional Love

Please answer the following questions regarding the extent to which you believe these characteristics are true in your relationship with your young adult. Please use the following rating scale:

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10
0= completely not true 5= somewhat true and false 10= completely true

1. You believe you young adults can get your attention when they want to. _____
2. You believe you try to show that I you want to listen and understand them. _____
3. You tell or show them that you think they are important to you _____
4. You show acceptance of their feelings and emotions without ignoring or being judgmental. _____
5. You allow them to be different from you in your beliefs, values, feelings and actions. _____
6. You show unconditional love for them because you are your children regardless of their achievements or shortcomings. _____
7. You allow them to develop and have their own identity. _____
8. You allow and support their freedom and independence while staying connected to them. _____
9. You allow them to make mistakes and fail while continuing to love and accept me. _____
10. You show a willingness to listen, consider, change your mind and otherwise be influenced by them while maintaining your values and beliefs. _____

For a deeper understanding of the power of unconditional love in your relationship with your young adult, consider ordering- *Love to Let Go: Loving Our Kids Into Adulthood*- available at parentslettinggo.com