



## **Post-Divorce Parenting Questionnaire**

1. Do you sabotage your child's relationship with the other parent?
2. Do you use your child as a pawn to "get back at" or hurt your ex?
3. Do you use your child to gain information or to manipulate and influence your ex?
4. Do you transfer hurt feelings and frustrations toward your ex onto your child?
5. Do you force your child to choose a side when there's a conflict in scheduling or other planning changes?
6. Do you make family events attended by your ex uncomfortable for your child?
7. Do you depend on your child for companionship and support because you're hurt and lonely?
8. Do you treat your child like an adult because you are lonely or need help?
9. Does your child feel guilty if he or she spends time with your ex, friends, grandparents or others because of how you will feel?
10. Are you overindulgent with your child because you feel guilty?
11. Do you put your child's needs and feelings ahead of your own?
12. Have you started a new relationship as co-parent with your ex?
13. Do you communicate clearly and in an age appropriate way with your child?
14. Does your child blame himself or take on responsibility for the divorce?
15. Do you provide set routines and clear, enforced boundaries for your child?
16. Do you present yourself to your child as a resilient person who is in control?

17. Do you burden your child with situations he cannot control?
18. Do you ask your child to deal with adult issues?
19. Do you let your child be a kid?