Parent Personality Assessment

Behind the Behavior: Your Personality

Misbehavior is not just a kid problem! Our personalities play a crucial role in whether our kids will respond with backtalk or helplessness or any number of behaviors.

Our powerful and revealing Parent Personality Assessment will uncover how your personality may contribute to your kids’ misbehavior. We’ll also uncover how to tweak your parenting style for fewer power struggles and a more peaceful home.

Lesson 1: Take the Parent Personality Assessment

How to get the best results:

• Answer with your gut response—don’t think too hard about each one.
• Answer quickly. This part should take no more than 3 minutes!
• Answer honestly – only you will see the results.
• Don’t limit your response to the way you parent—think of it more in terms of how you live your life most of the time.

My Primary Personality Priority:

____________________________________________________________________

My Secondary Personality Priority:

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Notes:

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**LESSON 2: YOUR PARENTING STYLE AND WHY IT MATTERS**

Your parent personality explained—plus some practical tips for how to tweak your parenting to get more cooperation from your kids.

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<th>PARENT PERSONALITY</th>
<th>TENDS TO:</th>
<th>POSSIBLE PITFAILS</th>
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**Up Next...**

**COMPLETE THE "WHAT THE RESULTS TELL YOU" INTERACTIVE**
APPLY WHAT YOU’VE LEARNED

☐ What simple tweaks can you make to your personality to invite greater cooperation from your kids?

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☐ What concerns or doubts do you have about being able to implement these changes?

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☐ What support do you need to be successful in making these changes?

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ADDITIONAL SESSION NOTES:

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QUESTIONS:
Help@PositiveParentingSolutions.com