

PARENT SELF-RATING OF ABILITIES AND CONFIDENCE

Many kinds of abilities are involved in being a parent. Some parents feel confident about their abilities, while others are not so sure. Rate your level of your ability/confidence for each areas listed below. Circle the number to indicate your rating of your ability/confidence.

1. **Physical and Mental Well-Being.** How would you rate your abilities/confidence in taking care of your physical and mental well-being?
1=none 2=very little 3=some 4= a lot 5=a great deal

2. **Solving Problems.** How would you rate your abilities/confidence in solving the problems in your life?
1=none 2=very little 3=some 4= a lot 5=a great deal

3. **Personal Support Network.** How would rate your abilities/confidence to find support and help for yourself?
1=none 2=very little 3=some 4= a lot 5=a great deal

4. **Coping with Anger.** How would you rate your abilities/confidence in handling the anger in your life?
1=none 2=very little 3=some 4= a lot 5=a great deal

5. **Managing with Stress.** How would you rate your abilities/confidence in managing the stress in your life?
1=none 2=very little 3=some 4= a lot 5=a great deal

6. **Managing Everyday Life.** How would you rate your abilities/confidence in managing daily responsibilities of everyday life?
1=none 2=very little 3=some 4= a lot 5=a great deal

7. **Self-Sufficiency.** How would you rate your abilities/confidence to be self-sufficient and make it on your own?
1=none 2=very little 3=some 4= a lot 5=a great deal

8. **Communication with Others.** How would you rate your abilities/confidence for the ways in which you express yourself?
1=none 2=very little 3=some 4= a lot 5=a great deal