

Nurture Questionnaire

Please complete. You will need input from your parents on some questions. This is highly personal and I will not read it. I will just check to see if it is done.

Who are your parental figures? Are they male or female? Are you biologically related?

How would you describe their parenting styles? Authoritarian? Passive? Assertive?

Of the time you spend being “parented,” cared for, or bonding, what percentage of that time is with each parent?

What is your temperament (feisty, flexible, fearful) and how do you think it impacts your relationship with your parents? Consider your parents temperaments.

What do your parents want from you?

What do you want from them?

Are your answers compatible?

Ask your parents, what most upset them about how they were raised?

What most upsets you about how you are being raised?