



CROSSROADS COUNSELING

emphasizing biblical hope & restoration

PARENTAL DISCIPLINE ASSESSEMENT

Date: ____ / ____ / ____ Time: _____ Place: _____

What was the offense? _____

I. Pre-“Issue” Assessment: Are you and your spouse (if applicable) in agreement on this subject? Are there aspects of this subject you need to further study biblically or otherwise? Do you have insecurities or pet peeves that make it hard for you to be objective on this subject?

II. Pre-Discipline Assessment: (Circle One)

- | | | |
|---|------------|-----------|
| 1. Did you remain calm? | Yes | No |
| 2. Did you restrain from making hollow threats of punishment? | Yes | No |
| 3. Did you restrain from shaming or embarrassing the child? | Yes | No |
| 4. Did you restrain from physical aggression? | Yes | No |
| 5. Did you resist viewing the episode as a power struggle? | Yes | No |
| 6. How many times did the action occur before you addressed it? | | _____ |

III. Disciplinary Conversation Assessment: (Circle one)

- | | | |
|--|------------|-----------|
| 1. Before acting did the child know the action was wrong? | Yes | No |
| 2. Was the child asked to express what they did wrong? | Yes | No |
| 3. Was the child asked to answer a heart question (see below)? | Yes | No |
| 4. Was an opportunity for the child to repent provided? | Yes | No |
| 5. Was discipline administered within predefined parameters? | Yes | No |
| Discipline Administered: _____ | | |
| 6. Did you forgive and re-affirm love for the child? | Yes | No |
| 7. Did you follow through on discipline (if applicable)? | Yes | No |

IV. Post-Discipline Assessment: Heart Questions – What was it that was so important that you were willing to disobey in order to get it? What were you trying to achieve with this action? What desire were you obeying when you did this? How would this action have provided security, identity, or pleasure? Who were you trying to please or win their approval? Do you think this was your “right”? (Use back of page if necessary)

Key Theme of Heart Question: _____

What elements of this disobedience (activity, patterns, threats, peer presence etc...) have been frequently repeated in past episodes of disobedience? What instruction, discernment, or training is needed in the future to help your child mature? How are you preparing to help your child meet this struggle? (Use back of page if necessary)

