

Manipulation Test

5 Never/hardly ever

4 Seldom

3 Occasionally

2 Frequently

1 Almost always

0 Always

_____ 1. I have to repeat and/or reword instructions many times before my child follows them.

_____ 2. When I ask my child to do something, he asks me "Why?"

_____ 3. I find myself having to justify my decisions to my child.

_____ 4. I have grown weary of certain "topics" which seem to be discussed over and over again with my child.

_____ 5. I walk away from discussions with my child and I feel guilty.

_____ 6. My child lies to me.

_____ 7. My child is disciplined almost entirely by one parent.

_____ 8. I lift restrictions that I put in place because of appeals from my child.

_____ 9. I find myself defending my positions to my child.

_____ 10. I get frustrated because my child seems beyond my control.

_____ 11. I get sidetracked by my child's clever distractions when I attempt to discipline him/her.

_____ 12. My child tries to obligate me to behave a certain way by telling me what I should, ought to, or must do (other than for biblical reasons).

_____ 13. When my child wants something from me, s/he tries to motivate me to give it to him without telling me directly what s/he wants.

_____ 14. My child is able to procrastinate by cleverly using various stall tactics when I assign him/her a responsibility.

_____ 15. My child is able to play on my emotions in order to get what s/he wants.

_____ 16. I hesitate to say "no" to my child out of fear of what s/he might do.

_____ 17. I am unsuccessful at completing the intended instruction and discipline of my child due to his/her unwillingness to cooperate.

_____ 18. My child is so tenacious in wanting his own way that I either give in to his desires or give up on trying to train him/her.

_____ 19. My child continues to beg and plead to have his way after I've denied his appeal the first time.

_____ 20. My child is more disobedient and disrespectful in front of others than s/he is when s/he knows that such behavior is not likely to embarrass me.

Total Score _____

90 – 100 Adept at preventing manipulation

75 - 90 Manipulated somewhat

Below 75 Likely that you are consistently allowing yourself to be manipulated by your child.

Please note that it takes time to change habit patterns and is difficult to stay faithful in doing them consistently. When you are not in a fuss, start out making changes and discuss with your child what one you are going to work on first. Add to this another area as you begin to master the one discussed. Encourage yourself by remembering your goal of teaching and training your child for a long, godly life.