

HANDOUT 8A**Problem-Solving Questionnaire**

Describe in one or two sentences the most recent problem situation between you and your child.

Is this a typical problem that comes up between the two of you? Yes No

How angry did this situation make you? (Circle one number)

1 2 3 4 5 6 7
(*Not angry at all*) (*Somewhat angry*) (*Very angry*)

What other emotions did you notice experiencing when this problem came up?

Here is a list of things that often happen in families when they are dealing with problems. Check all that you and your child did while handling this problem.

Parent	Child	Action
<input type="checkbox"/>	<input type="checkbox"/>	Criticized
<input type="checkbox"/>	<input type="checkbox"/>	Lectured
<input type="checkbox"/>	<input type="checkbox"/>	Yelled
<input type="checkbox"/>	<input type="checkbox"/>	Ignored
<input type="checkbox"/>	<input type="checkbox"/>	Discussed
<input type="checkbox"/>	<input type="checkbox"/>	Lost temper
<input type="checkbox"/>	<input type="checkbox"/>	Refused to talk
<input type="checkbox"/>	<input type="checkbox"/>	Threatened
<input type="checkbox"/>	<input type="checkbox"/>	Verbal discipline
<input type="checkbox"/>	<input type="checkbox"/>	Physical discipline
<input type="checkbox"/>	<input type="checkbox"/>	Put down the other
<input type="checkbox"/>	<input type="checkbox"/>	Used sarcasm
<input type="checkbox"/>	<input type="checkbox"/>	Made a joke of it
<input type="checkbox"/>	<input type="checkbox"/>	Asked for more information
<input type="checkbox"/>	<input type="checkbox"/>	Brought up the past
<input type="checkbox"/>	<input type="checkbox"/>	Took away a privilege
<input type="checkbox"/>	<input type="checkbox"/>	Used grounding
<input type="checkbox"/>	<input type="checkbox"/>	Asked a family member to help
<input type="checkbox"/>	<input type="checkbox"/>	Other (<i>describe</i>)

Describe in one or two sentences how the problem was solved:
