



*Reflective  
Survey*



Exploring Your Parent-  
Child Connection



## Screen Addiction



### INSTRUCTIONS

Please indicate the extent to which you agree or disagree with the following statements about your children on a scale from 1 to 5, where 1 means "Strongly Disagree" and 5 means "Strongly Agree"

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

1

2

3

4

5

To what extent do screens provide a feel-good shortcut in your household?

My kids feel more successful online than in real life.

Do screens create an obsession for your kids to belong to a group?

My kids do not want to deal with real-life problems due to screen usage.

My children are anxious and stressed out due to screen usage.

## No Motivation



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Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

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My children experienced early pressure to succeed and achieve before the age of 7.



My children are subjected to too much early and constant control.



There are unrealistic and high expectations placed on my children.



My children have a hostile learning environment in school.



My children are anxious and stressed out.



## Disrespect



### INSTRUCTIONS

Please indicate the extent to which you agree or disagree with the following statements about your children on a scale from 1 to 5, where 1 means "Strongly Disagree" and 5 means "Strongly Agree"

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

1

2

3

4

5

There is a reversed hierarchy in our home

We have too rigid a relationship with our children.

There is a lack of internal emotional regulation in our family.

Our children are copying our emotional disregulations.

My children are anxious and stressed out.

## lying



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Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

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We are perfectionist parents.



We believe that parents are always right.



We are overreactive parents.



We take everything personally.



Our children are anxious and perfectionist.



## Tantrums



### INSTRUCTIONS

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Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

1

2

3

4

5

My children experience high levels of stress and anxiety.



My children have difficulty processing their emotions.



My children feel powerless due to over-controlling parents.

