

## TK-COT (A)

Parent's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please honestly reflect on the degree to which each of the following statements **CURRENTLY** applies to you and your relationship with your child. Focus on how you have been feeling **IN THE PAST WEEK**.

Strongly Agree 1	Agree 2	Agree a Little 3	Neutral/ Not Sure 4	Disagree a Little 5	Disagree 6	Strongly Disagree 7
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1. My child and I frequently struggle with each other.	1	2	3	4	5	6	7
2. My child chooses to act out in order to get out of doing things he/she doesn't like.	1	2	3	4	5	6	7
3. My child's behavior toward me is unpredictable.	1	2	3	4	5	6	7
4. Dealing with my child drains my energy.	1	2	3	4	5	6	7
5. The struggles I have with my child are very intense.	1	2	3	4	5	6	7
6. I cannot predict my child's meltdowns or tantrums.	1	2	3	4	5	6	7
7. My child intentionally pushes my buttons or manipulates me.	1	2	3	4	5	6	7
8. I am at my maximum stress level when I am with my child.	1	2	3	4	5	6	7
9. I don't understand why my child explodes or implodes.	1	2	3	4	5	6	7
10. I enjoy myself when I am with my child.	1	2	3	4	5	6	7
11. My child could behave better if he/she just worked harder at it.	1	2	3	4	5	6	7
12. My relationship with my child is likely to be positive in the long term.	1	2	3	4	5	6	7
13. My child knows I value his/her concerns and perspective.	1	2	3	4	5	6	7
14. When we disagree, my child and I are able to work things out in a way that feels ok to both of us.	1	2	3	4	5	6	7
15. My child behaves in negative ways in order to get attention.	1	2	3	4	5	6	7

## TK-COT (B)

Parent's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please honestly reflect on the degree to which each of the following statements **CURRENTLY** applies to you and your relationship with your child. Focus on how you have been feeling **IN THE PAST WEEK**.

Strongly Agree 1	Agree 2	Agree a Little 3	Neutral/ Not Sure 4	Disagree a Little 5	Disagree 6	Strongly Disagree 7
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1. My child and I frequently struggle with each other.	1	2	3	4	5	6	7
2. My child chooses to act out in order to get out of doing things he/she doesn't like.	1	2	3	4	5	6	7
3. My child's behavior toward me is unpredictable.	1	2	3	4	5	6	7
4. Dealing with my child drains my energy.	1	2	3	4	5	6	7
5. The struggles I have with my child are very intense.	1	2	3	4	5	6	7
6. I cannot predict my child's meltdowns or tantrums.	1	2	3	4	5	6	7
7. My child intentionally pushes my buttons or manipulates me.	1	2	3	4	5	6	7
8. I am at my maximum stress level when I am with my child.	1	2	3	4	5	6	7
9. I don't understand why my child explodes or implodes.	1	2	3	4	5	6	7
10. I enjoy myself when I am with my child.	1	2	3	4	5	6	7
11. My child could behave better if he/she just worked harder at it.	1	2	3	4	5	6	7
12. My relationship with my child is likely to be positive in the long term.	1	2	3	4	5	6	7
13. My child knows I value his/her concerns and perspective.	1	2	3	4	5	6	7
14. When we disagree, my child and I are able to work things out in a way that feels ok to both of us.	1	2	3	4	5	6	7
15. My child behaves in negative ways in order to get attention.	1	2	3	4	5	6	7

How true are the following statements for you **CURRENTLY**:

16. I sometimes notice that I'm using Plan A when I should be using Plan B.	1	2	3	4	5	6	7
17. I use less Plan A than I used to.	1	2	3	4	5	6	7
18. I use more Plan C than I used to.	1	2	3	4	5	6	7
19. I get stuck when I try using Plan B.	1	2	3	4	5	6	7
20. I use more Proactive Plan B than I used to.	1	2	3	4	5	6	7
21. I am better at using Plan B in emergencies than I used to be.	1	2	3	4	5	6	7

22. How many times did you try to have a Plan B conversation during the past week?	None	1 to 2 times	3 to 4 times	5+ times
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