



"Helping families heal and grow—together, with inner wisdom."

Family Therapy Readiness Questionnaire

For Parents & Caregivers Considering Parent–Child or Family Therapy

This reflective questionnaire is designed to help you explore your readiness to actively participate in family or parent–child therapy. There are no “right” answers—only insight. Your responses are not a judgment of your worth or parenting, but an invitation to gently reflect on your capacity, expectations, and willingness to engage in relational healing.

You are welcome to share your responses with your therapist or simply use this as a guide for personal reflection.

SECTION 1: Your Current Capacity

1. On a scale of 1–10, how emotionally available do you currently feel for your child (1 = very overwhelmed, 10 = calm and connected)?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2. How confident do you feel in your ability to stay regulated when your child is having big emotions or behaviours?

- ☐ Very confident
- ☐ Sometimes confident
- ☐ Often overwhelmed or reactive
- ☐ I avoid or shut down in those moments

3. Do you currently have the time and energy to commit to regular therapy sessions and reflection in between?

- ☐ Yes
- ☐ I think so, but I’m not sure
- ☐ Not at this time

SECTION 2: Willingness to Reflect and Explore

4. Are you open to exploring how your own childhood or family-of-origin experiences may impact your parenting today?

- ☐ Yes, I’m curious and open
- ☐ I feel hesitant, but I’m willing to try
- ☐ I’m not ready for that yet

5. Are you willing to look at and explore your own emotional triggers and patterns, especially in response to your child’s behaviour?

- ☐ Yes
- ☐ I’m willing, but it feels hard
- ☐ No / not at this time



6. How comfortable are you with being guided to make changes in how you respond to your child?

- ☐ Comfortable
- ☐ Unsure
- ☐ Resistant

SECTION 3: Beliefs and Expectations

7. What are you hoping will change through therapy?

Open-ended response:

8. Do you believe your child is the only one who needs to change, or are you open to family-wide shifts (including yourself)?

- ☐ I'm open to looking at myself and the family system
- ☐ I believe it's mostly my child who needs help
- ☐ I'm unsure

SECTION 4: Readiness for Relationship-Based Work

9. Are you comfortable with being actively involved in sessions (e.g. play, reflection, discussion with your child)?

- ☐ Yes, I welcome it
- ☐ I'm open, but unsure what it will be like
- ☐ I'd prefer to stay more in the background

10. If we offered strategies that require emotional presence, vulnerability, or curiosity toward your child's inner world, how ready would you feel to engage with them?

- ☐ Very ready
- ☐ Hesitant but open
- ☐ Not ready yet

Final Reflection

11. What are your biggest hopes—and your biggest fears—about starting this work?

Open-ended response:



What Next?

If after completing this questionnaire, you feel ready to take the next step, we'd love to walk alongside you.

- Book an initial Parent Consultation **OR**
- Contact us to discuss your responses or ask any questions at melissa@innerwisdomcounsellingandwellbeing.com.au or on 0481 397 505.