**Questionnaire: Assess your Parenting Needs**

* Do you feel that your child often changes the dynamic in the home?
* Do you sometimes feel strong negative feelings towards you child?
* Do you feel like you have tried everything?
* Do you feel that the majority of your interactions are negative?
* Do you often feel unsure or doubt your parenting decisions?
* Do you find yourself frequently yelling or losing your temper with your child?
* Are you unsure of how to react to your child's behavior in certain situations?
* Do you feel overwhelmed or stressed by your parenting responsibilities?
* Do you struggle with setting and enforcing boundaries with your child?
* Do you feel like you and your child have frequent conflicts or misunderstandings?
* Are you concerned about your child's emotional or behavioral development?
* Do you feel unsupported or isolated in your parenting journey?
* Do you have difficulty balancing your child's needs with other responsibilities or aspects of your life?
* Are you open to learning new strategies and techniques to improve your relationship with your child?
* Do you find it challenging to communicate effectively with your child?
* Are you worried about the impact of your current parenting style on your child's well-being?
* Do you feel like you need more tools and resources to manage your child's behavior effectively?
* Do you experience feelings of guilt or inadequacy as a parent?
* Do you feel nervous that their behaviors will transfer to settings outside of the home?
* Do you hesitate going to certain settings with your child?
* Are you frustrated by other parents commenting on your child’s behavior?
* Do you feel like your child never really experiences your true love for them?
* Do you often feel exhausted by your child's behavior?
* Do you find it challenging to maintain consistency in your parenting?
* Do you worry that your child's behavior is affecting their social relationships?
* Do you feel like you are constantly negotiating with your child?
* Do you feel like your child just doesn't listen to you?
* Do you find it difficult to manage your child's emotions?
* Do you feel disconnected from your child?
* Are you struggling to find a balance between being a parent and being a friend to your child?
* Do you feel like your child doesn’t respect your authority?
* Are you anxious about your child's future due to their current behavior?
* Do you have difficulty understanding your child's needs?