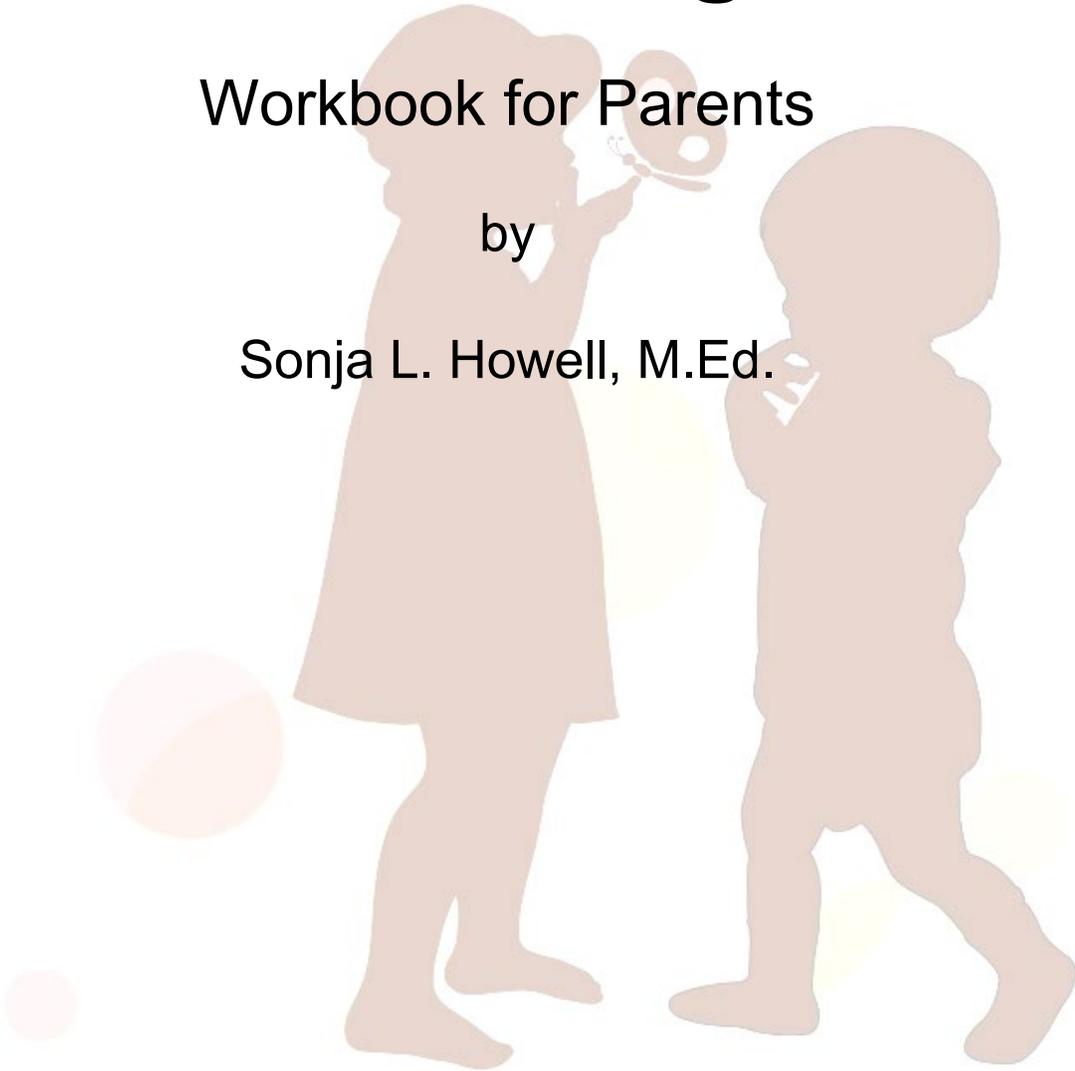


Transformative Parenting

Workbook for Parents

by

Sonja L. Howell, M.Ed.



The information in this book is informative only. It is not a substitute for legal advice. It is important that you seek independent legal representation for your case. Do not consider this book to be a substitute for your own personal attorney.

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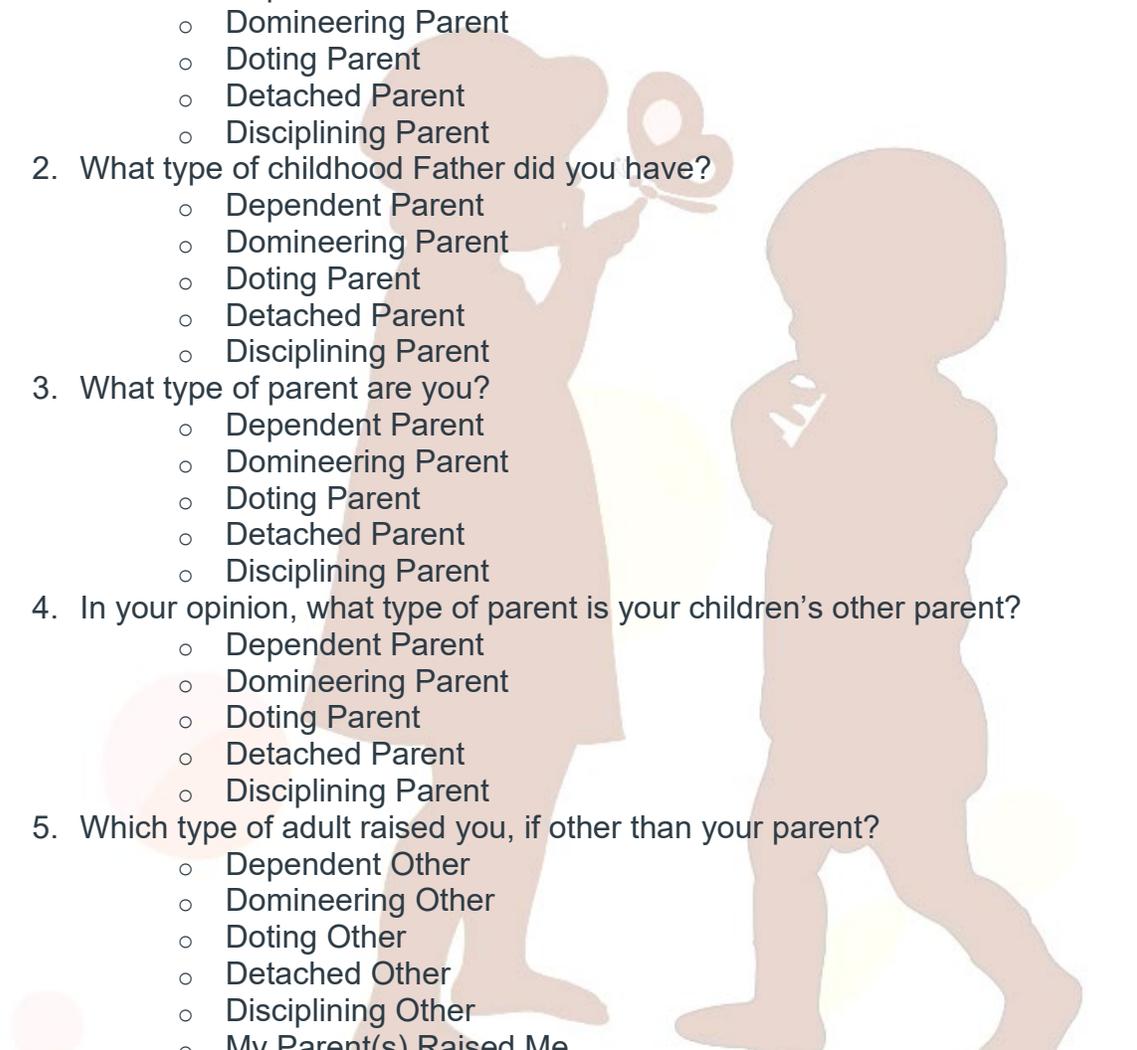
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Module 1. Parenting Style Awareness

Respond to the questions below and prepare to discuss this content during our face-to-face meeting for this module.

There are no incorrect answers.

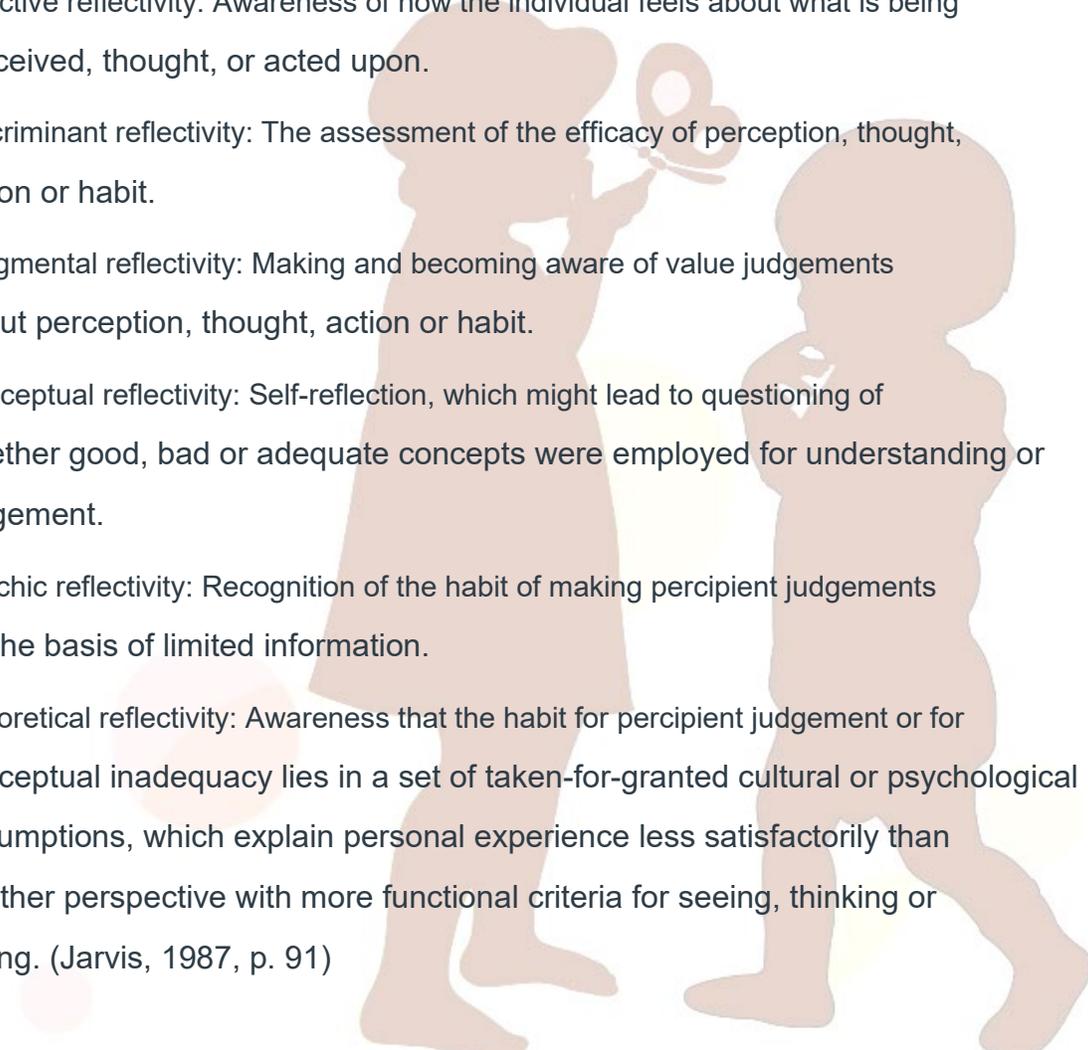
- 
1. What type of childhood Mother did you have?
 - Dependent Parent
 - Domineering Parent
 - Doting Parent
 - Detached Parent
 - Disciplining Parent
 2. What type of childhood Father did you have?
 - Dependent Parent
 - Domineering Parent
 - Doting Parent
 - Detached Parent
 - Disciplining Parent
 3. What type of parent are you?
 - Dependent Parent
 - Domineering Parent
 - Doting Parent
 - Detached Parent
 - Disciplining Parent
 4. In your opinion, what type of parent is your children's other parent?
 - Dependent Parent
 - Domineering Parent
 - Doting Parent
 - Detached Parent
 - Disciplining Parent
 5. Which type of adult raised you, if other than your parent?
 - Dependent Other
 - Domineering Other
 - Doting Other
 - Detached Other
 - Disciplining Other
 - My Parent(s) Raised Me
 6. What type of parent do you want to be?
 - Dependent Parent
 - Domineering Parent
 - Doting Parent
 - Detached Parent
 - Disciplining Parent

(Hunt, 2013)

Module 2.

6 Self-Reflection Types

Read the following self-reflection types and choose which type of reflection you would normally use.

1. Affective reflectivity: Awareness of how the individual feels about what is being perceived, thought, or acted upon.
 2. Discriminant reflectivity: The assessment of the efficacy of perception, thought, action or habit.
 3. Judgmental reflectivity: Making and becoming aware of value judgements about perception, thought, action or habit.
 4. Conceptual reflectivity: Self-reflection, which might lead to questioning of whether good, bad or adequate concepts were employed for understanding or judgement.
 5. Psychic reflectivity: Recognition of the habit of making percipient judgements on the basis of limited information.
 6. Theoretical reflectivity: Awareness that the habit for percipient judgement or for conceptual inadequacy lies in a set of taken-for-granted cultural or psychological assumptions, which explain personal experience less satisfactorily than another perspective with more functional criteria for seeing, thinking or acting. (Jarvis, 1987, p. 91)
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- A faint, light-colored illustration in the background shows a woman on the left and a child on the right. The woman is holding a magnifying glass over the child's face, symbolizing reflection or observation.

Module 3. New Thoughts

What influenced you most to develop your parenting thoughts?

1. **What are my new thoughts?**

2. **What are my new feelings?**

3. **What are my new beliefs?**

Module 4. Plans

What are your top 3 important beliefs for your family that you want to see happen?

