

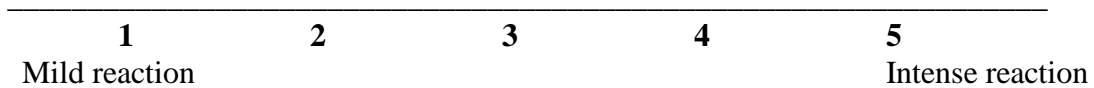
Parent's Temperament

As I talk about your spirited child's temperament, I'll also talk about yours. Building a healthy relationship with your spirited child is a two-way street. You have to understand your own reactions as well as your child's. Sometimes it isn't the strength of a spirited child's reactions that makes living with him challenging as much as how those reactions match or mismatch yours. Understanding your own temperament can help you work with your child's.

Using the chart that follows, place yourself on the continuum for each trait. It is more difficult to distinguish temperamental traits in adults because they get mixed up with motivation and learned skills, but try your best to get to your typical response in each of the following situations. Remember there isn't an ideal.

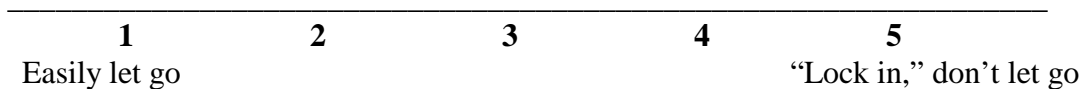
1. Intensity

How strong are your emotional reactions? Do you find yourself becoming upset very quickly, or are your reactions more low-key?



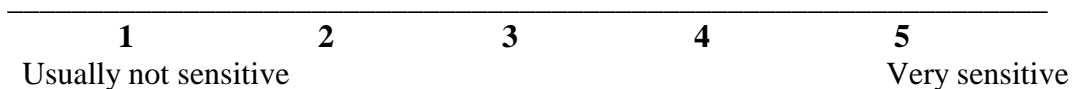
2. Persistence

If you are involved in an activity and you are asked to stop, can you do so easily? When a task is frustrating, do you find yourself easily letting it go, or do you push to continue?



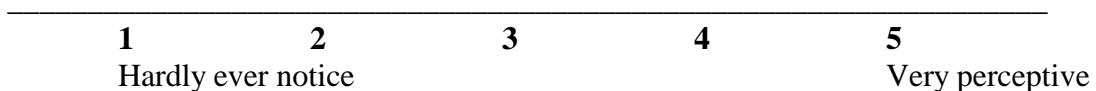
3. Sensitivity

How aware are you of slight noises, emotions, differences in temperature, taste, and textures? Do you react easily to certain foods, tags in clothing, or irritating noises?



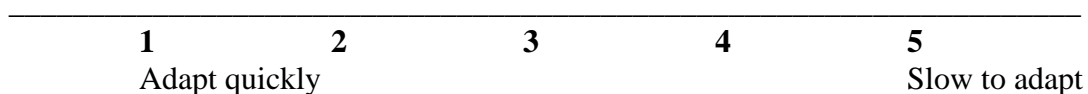
4. Perceptiveness

Are you keenly aware of people, colors, noises, and objects around you? Do you frequently forget to do what you were going to do because something else has caught your attention?



5. Adaptability

How quickly do you adapt to changes in your schedule or routine? How do you cope with surprises?



6. Regularity

Are you quite regular about eating times, sleeping times, amount of sleep needed, and other bodily functions?

1 Regular	2	3	4	5 Irregular
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7. Energy

Are you always on the move and busy, or are you quiet? Do you need to run and exercise in order to feel good?

1 Quiet	2	3	4	5 Active
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8. First Reaction

How do you (usually) react to a new idea, activity, place, or person?

1 Jump right in	2	3	4	5 Reject at first
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9. Mood

How much of the time do you feel happy and content compared with serious and analytical?

1 Usually positive	2	3	4	5 More serious and analytical
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Score

9-18 Cool Parent	19-28 Spunky Parent	29-45 Spirited Parent
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When you have a picture of your own temperament, you can compare yours with that of your child. How are you alike? How are you different? Where do you fit together easily and where do the sparks fly? It is from this information that you will begin to build a more effective relationship with your child.

Parent's Temperament is excerpted from pages 66-69 of *Raising Your Spirited Child* by Mary Sheedy Kurcinka