

**PRE**

**Harmony At Home Children 1st Self-Sufficiency Matrix**

Name: \_\_\_\_\_

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

Please Circle the box that most closely corresponds to your current situation before taking our Children 1st classes.

| Domain  | 1  | 2  | 3  | 4   | 5   |
|---|--|--|--|---|---|
| <b>Understanding of the Impact of Divorce/ Separation</b>                       | I have no understanding about the impact of divorce on the different stages of child development.  | I have very little understanding about the impact of divorce on the different stages of child development.   | I have some understanding about the impact of divorce on the different stages of child development.  | I have a good understanding about the impact of divorce on the different stages of child development.   | I have a high level of understanding about the impact of divorce on the different stages of child development.  |
| <b>Attitudes, feelings, &amp; behaviors towards and about the other parent.</b> | I have extremely negative thoughts and feelings about the other parent that are taken out on that parent and shared frequently with or in front of children. I offer no support for children's relationship with the other parent.               | I have frequent negative thoughts and feelings about the other parent that are taken out on the other parent and shared occasionally with or in front of children. I offer little support for children's relationship with the other parent.                                   | I have negative and positive thoughts and feelings about the other parent that are shared occasionally with or in front of children. I offer some support for children's relationship with the other parent.                       | I have few negative thoughts and feelings about the other parent, that are <i>not</i> shared with the children. My positive thoughts/behaviors towards other parent are expressed in front of children. I offer good support for children's relationship w/ other parent. | I have a high level of respect, positive regard, and friendliness towards the other parent both in private and in front of the children. I offer excellent support for children's relationship with the other parent.                           |
| <b>Communication with the Children</b>  | I have almost no healthy communication with my children, especially about the separation and its impact. OR I overshare my feelings, join in negative/conflicting feelings about the other parent. I have no boundaries for appropriate sharing. | I have very little communication with my children, especially about the separation and its impact. OR I sometimes overshare my feelings and join in negative/conflicting feelings about the other parent. I have few boundaries for the amount and appropriateness of sharing. | I have off & on communication with my children, especially in regards to the separation. At times I under share and at other times I over share my feelings. I have some boundaries for the amount and appropriateness of sharing. | I have good communication with my children, especially in regards to the separation or divorce. I occasionally use the "I statement". I have good balance and boundaries for the amount and appropriateness of sharing.   | I have frequent communication with my children. I often use the "I statement" and I provide opportunities/spaces to cope and express feelings as needed. I have excellent balance and boundaries for the amount and appropriateness of sharing. |
| <b>Communication with Other Parent</b>  | I have almost no communication with the other parent. When communication takes place, it usually turns into a dispute and in front of the children. Children tend to take sides and are the messengers.  | I have low communication that usually results in disputes with the other parent, sometimes in the presence of our children. Our children sometimes take sides and are occasionally asked to be the messenger.  | I have irregular communication (off and on) and some disputes with the other parent, but not in front of children. Children are not used as the messenger.   | I have fairly regular communication with the other parent at both pre-designated and undesignated times. Some of our conversations escalate to an unproductive dispute. Children are not messengers.  | I have proactive and regular communication with the other parent at pre-designated meetings or telephone calls. We have healthy disagreements and work through conflicts without becoming a dispute.  |

**What are you hoping to learn from the Children 1st classes:**

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**Please Circle the box that most closely corresponds to your current situation after taking our Children 1st classes.**

| <b>Domain</b>   | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>  |
|---|---|---|---|---|---|
| <b>Understanding of the Impact of Divorce/ Separation</b>                       | I have no understanding about the impact of divorce on the different stages of development.   | I have very little understanding about the impact of divorce on the different stages of development.  | I have some understanding about the impact of divorce on the different stages of development.   | I have a good understanding about the impact of divorce on the different stages of development.   | I have a high level of understanding about the impact of divorce on the different stages of development.  |
| <b>Attitudes, feelings, &amp; behaviors towards and about the other parent.</b> | I have very negative thoughts and feelings about the other parent that are taken out on that parent and shared frequently with or in front of children. I offer no support for children's relationship with the other parent.                     | I have frequent negative thoughts and feelings about the other parent that are taken out on the other parent and shared occasionally with or in front of children. I offer little support for children's relationship with the other parent.                          | I have negative and positive thoughts and feelings about the other parent that are shared occasionally with or in front of children. I offer some support for children's relationship with the other parent.                          | I have few negative thoughts and feelings about the other parent, that are <i>not</i> shared with the children. My positive thoughts/behaviors towards other parent are expressed in front of children. I offer good support for children's relationship w/ other parent. | I have a high level of respect, positive regard, and friendliness towards the other parent both in private and in front of the children. I offer excellent support for children's relationship with the other parent.                                       |
| <b>Communication with the Children</b>  | I have almost no healthy communication with our children, especially about the separation and its impact. OR I overshare my feelings, join in negative/conflicting feelings about the other parent. I have no boundaries for appropriate sharing. | I have very little communication and sharing with our children, especially about the separation and its impact. OR I sometimes overshare my feelings and join in negative/conflicting feelings about the other parent. I have few boundaries for appropriate sharing. | I have off & on communication, listening, and sharing with our children, especially in regards to the separation. At times I under share and at other times I over share my feelings. I have some boundaries for appropriate sharing. | I have good communication, listening, and sharing with our children, especially in regards to the separation or divorce. I occasionally use the "I statement". I have good balance and boundaries for the amount and appropriateness of sharing.                          | I have frequent communication, listening, and sharing with our children. I often use the "I statement" and I provide a space to cope and express feelings as needed. I have excellent balance and boundaries for the amount and appropriateness of sharing. |
| <b>Communication with Other Parent</b>  | I have rare to no communication with the other parent. When communication takes place, it usually turns into a dispute and in front of the children. Children tend to take sides and are the messengers.  | I have low communication that usually results in disputes with the other parent, sometimes in the presence of our children. Our children sometimes take sides and are occasionally asked to be the messenger.   | I have irregular communication (off and on) and some disputes with the other parent, but not in front of children. Children are not used as the messenger.  | I have fairly regular communication with the other parent at both pre-designated and undesignated times. Some of our conversations escalate to an unproductive dispute. Children are not messengers.  | I have proactive and regular communication with the other parent at pre-designated meetings or telephone calls. We have healthy disagreements and work through conflicts without becoming a dispute.  |

**What did you appreciate/learn from the Children 1st classes:**

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