

COOPERATIVE PARENTING AND DIVORCE Pre/Post Evaluation

Check one: PRE POST

Date: _____ Name: (optional) _____

Group Leader(s) _____

1. Please rate your overall relationship with your child's other parent:

Extremely Hostile 1	Hostile 2	Moderately Angry 3	Avoidant 4	Cold 5	Civil 6	Friendly 7	Very Friendly 8
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Please rate your ability to:

- | | | poor | | | | | | | | | excellent |
|---|---|------|---|---|---|---|---|---|---|----|-----------|
| 2. Communicate with your child's other parent in matters regarding your child. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 3. Cooperate with your child's other parent on establishing mutually acceptable guidelines and working as a team. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 4. Control your anger when interacting with your child's other parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 5. Communicate with the other parent to discuss parenting matters. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 6. Separate your marital relationship from your co-parenting relationship. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 7. Use negotiation skills when interacting with your child's other parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 8. Keep your child shielded from parental conflict. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 9. Value your child's relationship with the other parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

(please continue to the next page)

COOPERATIVE PARENTING AND DIVORCE Pre/Post Evaluation, continued

How often do you participate in the following behaviors:

	always									never
10. Make negative comments about your child's other parent in front of your child.	1	2	3	4	5	6	7	8	9	10
11. Ask your child questions about the other parent's personal life.	1	2	3	4	5	6	7	8	9	10
12. Ask your child to relay messages or pass notes to the other parent.	1	2	3	4	5	6	7	8	9	10
13. Tell your child that the other parent was to blame for the divorce.	1	2	3	4	5	6	7	8	9	10
14. Argue with your child's other parent in front of your child.	1	2	3	4	5	6	7	8	9	10
15. Attempt to get your child to love you more than the other parent.	1	2	3	4	5	6	7	8	9	10
16. Try to limit the amount of time your child spends with the other parent.	1	2	3	4	5	6	7	8	9	10