## **COOPERATIVE COPARENTING THROUGH SEPARATION OR DIVORCE Survey**

Name:					R	Relationship to Child(ren):						
Rate you	ır overall	relation	ship with	your chi	ld's oth	er parent.	(Circle	only one	e)			
Extremely Hostile Hostile		Moderately Angry		Avoidant		Cold		Civil	Friendly	Very Friendly		
Rate you	ır ability i	to:										
1. Communicate with your child's other parent in matters regarding your child(ren).												
1 poor	2	3	4	5	6	7	8	9	10 excellent			
-	erate wit dards for	-		ner paren	t on est	ablishing	mutual	ly accep	table guideli	nes and		
1 poor	2	3	4	5	6	7	8	9	10 excellent			
3. Contr	ol your a	nger wh	nen intera	acting wit	h your (	child's oth	er pare	ent.				
1 poor	2	3	4	5	6	7	8	9	10 excellent			
4. Sched	dule time	with th	e other p	arent to	discuss	parenting	matter	·s.				
1 poor	2	3	4	5	6	7	8	9	10 excellent			
5. Put as	side your	persona	al differe	nces to ca	are for y	our child	ı					
1 poor	2	3	4	5	6	7	8	9	10 excellent			
6. Separ	ate your	marital	relations	hip from	your co	parenting	relatio	nship.				
1 poor	2	3	4	5	6	7	8	9	10 excellent			
7. Use n	egotiatio	n skills v	when inte	eracting v	vith you	ır child's c	other pa	arent.				
1 poor	2	3	4	5	6	7	8	9	10 excellent			
8. Keep	your chil	d(ren) o	ut of par	ental con	flict.							
1 poor	2	3	4	5	6	7	8	9	10 excellent			

9.	Value	your ch	ild's rela	tionship	with the	other pa	arent.			
þ	1 ooor	2	3	4	5	6	7	8	9	10 excellent
Н	ow oft	en do y	ou do th	e followi	ng:					
10	. Make	e negati	ve comn	nents abo	out your	child's o	ther pare	ent in fro	nt of yo	ur child.
	1 very o	2 often	3	4	5	6	7	8	9	10 never
11	. Ask y	our chi	ld questi	ons abou	ıt the otl	ner parer	nt's perso	onal life.		
	1 very o	2 often	3	4	5	6	7	8	9	10 never
12	. Ask y	our chil	d to relay	y messag	ges or pa	ss notes	to the ot	her pare	nt.	
	1 very o	2 often	3	4	5	6	7	8	9	10 never
13	. Tell y	our chil	d that th	e other p	parent w	as to bla	me for th	ne divorc	e or sep	aration.
	1 very o	2 often	3	4	5	6	7	8	9	10 never
14	. Argue	e with y	our child	's other	parent in	front of	your chi	ld.		
	1 very o	2 often	3	4	5	6	7	8	9	10 never
15	. Atten	npt to g	et your c	hild to lo	ove you r	nore tha	n the oth	ner parer	ıt.	
	1 very o		3	4	5	6	7	8	9	10 never
16	. Try to	o limit th	ne amoui	nt of tim	e your ch	nild spen	ds with t	he other	parent.	
	1 very o	2 often	3	4	5	6	7	8	9	10 never