

## Chapter 15-17

# Questions for parents to identify strengths and resources

Completed by the father / by the mother / .....

## Family

1. What common interests do you have in your family?
2. What do you enjoy doing together? Which games do you like to play together etc.?
3. Which **moments** in your everyday family life do you like best? Which moments would you not want go without?
4. Do you have certain **rituals** or traditions that are/ were important to your family (for example: daily routine, weekly schedule, festivities)?
5. What **works well** in your family? What is easy for you? What kind of things are you good at?
6. What are you **proud** of in your family?
7. Which of your character traits or features are most beneficial to your family?
8. Imagine your family receives an **Award** for things you do well. What would the Award be for? What would it say?
9. What helps you when you are or your child is not feeling well/ doing well?
10. **How do you recharge?** What gives you strength?
11. Is there a positive **motto**, approach to life or custom in your family that your parents have followed or lived by?

12. What is a positive difference about your family from other families you know? What is better about your family?
13. Have you had special **experiences** (e.g. religious experiences, important life experiences) that have influenced your family in a positive way?
14. Is there anything in or about your family that you would not like to change? What should stay or be kept the same?
15. Which positive **features/characteristics** do you see in each family member?
- Mother
  
  - Father
  
  - Son
  
  - Daughter
16. What do you like about yourself?
17. What do others like about you?
- e.g. your partner
  
  - e.g. your children
  
  - e.g. your friends or neighbors etc.
18. What do your parents like about your family?
19. What do other people/ your friends like about your family?

## Social community:

20. Who are the most important people to you outside of your family, e.g. friends?
21. Who are you or your family able to ask for **advice** when you have difficult decisions to make?
22. Who do you talk to about your parenting? Who would you take advice from?

23. Are there people you can turn to and lean on in difficult times? Are there people you can rely on for personal help?
24. Do you have somebody who tells you that you are doing a good job? Do you have somebody who recognizes what you do well?
25. Where do you and your family meet other people? Where can you meet new friends?
26. Are you or members of your family part of a group or member of a club or association?
27. What kind of **supporting services offered in your neighborhood/** district do you know (welfare groups, government support, church community etc.)?
28. What kind of **childcare** options do you have?
29. Are your parents involved in your childcare? Who could you entrust your child to e.g. in case of an illness?
30. What sort of means of transport are available to you?
31. What kind of **leisure time or holiday activities** are available to you?
32. Imagine you get into financial difficulties and all of a sudden you need **money**. Who could you borrow money from?
33. When you need to ask somebody for a **favor** (to borrow something, to pick something up etc.) who can you ask?
34. Imagine you were **sick** and must stay in bed for a week. In such a case, who could take care of your children?
35. What kind of offers of assistance and help to you get from professionals (church, youth welfare, therapists, educational support)?
36. Are there any other professionals (e.g. teacher, pastor, doctors etc.) you are in contact with? Somebody who is important and helpful to all of you?

## About your children:

37. What do you enjoy most about living together with your children?
38. What do you like most about your children?
39. What do others like about your children? What positive aspects do they notice?
40. What are your children's strengths/ strong points (e.g. school subjects/ hobbies) ?
41. How can you further encourage/ promote/ strengthen your children's strong points?
42. When was the last time you were proud of your children and why?

## Handling difficult situations

43. Was there a point in life where you decided to change something about your life? How did you make that change or how did you deal with the situation? What/ who helped you with it?
44. When you look back, was there a time in your life that was difficult for everyone? How did you deal with it or how did you handle this difficult situation? What/ who was helpful for everyone?
45. What have you or your family learned from these difficulties or difficult times?
46. What role does the district/ area/ neighborhood in which you live play in supporting your family?
47. When you look into the future: How do you envision your children and their life in 20 years (professionally, life situation etc.)?
48. Starting today, how can you set the course you want your family to take in the future? How can you prepare the way for the future?

## Literature:

The questions were formulated from the following resources:

Vogt, K., Venezia, B., Torres Mendes, C., Redlich, A. (2000): Die Erkundung von Kraftquellen im Leben der Menschen. Drei Ressourcen für die Psychosoziale Arbeit und Beratung. Materialie 26 der Arbeitsgruppe Beratung und Training am Fachbereich Psychologie der Universität Hamburg. Hamburg: Alumni Verlag. Publikation zum freien Download. [http://alumni-psychologie.de/index.php?option=com\\_content&view=article&id=97&Itemid=105](http://alumni-psychologie.de/index.php?option=com_content&view=article&id=97&Itemid=105)

# Questions for the child

1. What is your favorite game? What do you like to play the most?
2. What are you most interested in (movies, books, series etc.)?
3. What is your favorite subject in school?
4. What are you good at doing? What comes naturally to you?
5. What are you proud of?
6. What would you like to be able to do?
7. If you had three wishes, what would you wish for?
8. Do you already know what you want to be or do when you grow up?
9. Please describe yourself.
10. What distinguishes you from others? What is special about you?
11. How important is it for you what you are wearing?
12. Do you like your clothes?
13. What do you like about yourself?
14. What do other people like about you?
15. What do you not want to change about yourself?
16. What helps you to get better when you are not feeling well?

17. What do you do when you want to vent or to let some steam off?
18. Who are the most important people in your life?
19. Why do you like them?
20. Who do you see often? Who do you not see so often?
21. Tell me about your friends.
22. What do you like about your friends?
23. Who do you turn to when you are not feeling good?
24. Do you have teachers in your school that you get along with particularly well?  
If so, which teachers and why?
25. Where can you meet new friends?
26. Do you also spend time by yourself, doing things you enjoy on your own (e.g. go to the playground by yourself)?
27. Do you belong to or are you part of a community group or club?
28. How do you like the part of town/ district/ the area you live in?
29. Would you like to live somewhere else?
30. Do you get pocket money? If so, how much? Compared to others, do you think you get enough?
31. What do you spend your money on?
32. How would you like your life to unfold? What do you wish for in your life?