

Manipulation Test

The following quiz will help you discern the degree to which your children are manipulating you. On the blank beside each statement, write the number that best describes what you believe to be true of your family situation.

Rating Scale: 6 = Never 4 = Seldom 2 = Frequently 0 = Always
5 = Hardly 3 = Occasionally 1 = Almost always

1. I have to repeat and/or reword instructions before my child follows them. _____
2. When I ask my child to do something, he asks me, "Why?" _____
3. I find myself having to justify my decisions to my children. _____
4. I have grown weary of certain topics which seem to be discussed over and over again with my children. _____
5. I walk away from discussions with my child and I feel guilty. _____
6. My child lies to me. _____
7. All of the children are disciplined almost entirely by one parent. _____
8. I rescind disciplinary actions (or lift restrictions) because of sympathetic appeals by my children. _____
9. I find myself defending my positions to my children. _____
10. I get frustrated because my child seems beyond my control. _____
11. I get sidetracked by my child's clever distractions when I attempt to discipline him. _____
12. My child tries to obligate me to behave a certain way by telling me what I should, ought to, or must do. _____
13. When my child wants something from me, he tries to motivate me to give it to him without telling me directly what he wants. _____
14. My child is able to procrastinate by cleverly using numerous stall tactics when I assign him a responsibility. _____
15. My child is able to play on my emotions in order to get what he wants. _____
16. I hesitate to say "No" to my child out of fear of what he might do. _____

17. I am unsuccessful at completing the intended instruction and discipline of my child due to his unwillingness to cooperate. _____
18. My child is so tenacious in wanting his own way that I either give in to his desires or give up on trying to train him. _____
19. My child continues to be and plead to have his way after I've denied his appeal the first time. _____
20. My child is more disobedient and disrespectful in front of others than he is when he knows that such behavior is not likely to embarrass me. _____

Total Score _____

Scoring Your Test

Add up the total number of points to determine your score. Based on 100%, if your total score is 90 or better, you are probably quite adept at preventing manipulation by your child. If your total score is between 75 and 90, you are probably being manipulated to a relatively small degree. If your total score is below 75, it is likely that you are being manipulated to a great extent.