

Stepparent Self Assessment: Progress Chart

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Instructions: Following the example shown below, fill in a progress bar for each item to show how well you feel you are currently succeeding in that aspect of the stepparent role. Use a pencil so you can update and revise your ratings as things change for you.

Example:

Limited success in fulfilling the role			Moderate	success	Very successful in fulfilling the role.				
0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%

The Survey Questions

My overall progress:

At this point in the journey, I feel that my level of mastery of the stepparent role is about:

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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My progress in 8 general, and 26 specific areas:

Self Care

1. I care for myself responsibly, knowing if I do not, I will have little or nothing to give to the people in my life whom I care the most about.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Relationship

2. Outside of meeting my essential needs for self-care, my relationship with my partner is my number one priority.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Role

3. I have fashioned my role in this stepfamily to suit my individual relationships and comfort level, rather than to reflect prescribed roles and unrealistic expectations—including my own.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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4. I am a full participant in all decisions that stand to impact my relationship with my partner and my stepfamily. My partner and I work as a team.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Kids

5. I do not accept responsibility for the welfare of children over whom I can set no limits.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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6. My stepchildren and I are quite "OK" with the relationships we have with one another.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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7. I do not feel that my every waking moment should be devoted to the children.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Others

8. I genuinely listen to understand, and strive to communicate clearly, truthfully and respectfully.

0 - 10%	11 - 20%	21 - 30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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9. I treat each member of my stepfamily with kindness, courtesy and respect—and require the same in return.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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10. I am respectful of the fact that most members of a stepfamily have grief to heal.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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11. I do not allow people outside of my immediate family to impose plans that affect my life without my consent.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Home

12. I set and honor realistic limits and boundaries, and choose my battles wisely.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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13. I will not accept being treated as an "outsider" in my own home.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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14. I do not assume sole responsibility for this stepfamily's success or happiness.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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15. I do not assume sole responsibility for the housework.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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16. I require that others respect my private space and personal possessions.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Conflict

17. I do not see myself, nor anyone else, as “the problem with this stepfamily”.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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18. I excuse myself from being “caught in the middle” of conflicts between my stepchildren and their parents.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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19. I refuse to say anything derogatory about any child's natural parent.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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Self Regard

20. Rather than clamoring for an instant family, instant love, and instant acceptance, I am able to go slowly enough to allow everyone time to find his/her unique place within this stepfamily.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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21. I am reassured in times of difficulty knowing that confronting and resolving difficulties helps to create the ties that bind the stepfamily together.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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22. I'm strong enough and wise enough to seek out the guidance and support I need; and to use it.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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23. I am confident enough in my relationship and role, and knowledgeable enough about stepfamily life that I do not “take things personally”.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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24. I have forgiven myself for all of the negative thoughts, feelings, words, and actions I held or expressed about myself, my partner, the kids and prior spouses.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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25. I'm able to give myself credit for my efforts, for learning from my mistakes, and for the successes I have already achieved.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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26. I allow myself to “relax” and “lighten up”.

0 - 10%	11 - 20%	21 -30%	31 - 40%	41 - 50%	51 - 60%	61 - 70%	71 - 80%	81 - 90%	91 - 100%
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