

BLENDING FAMILIES SELF AUDIT

From The Heart Counseling, Inc.
www.ftheartcounseling.com

Congrats on being brave enough to run an audit on yourself! I understand it isn't easy to get to this point. There are two things I want you to know when taking this audit. The first is that whatever you discover about yourself after taking this audit doesn't make you're a bad person. The fact that you're even willing to run an audit shows that you value your relationships.

The second thing I want you to know is that you don't have to show anyone your results, which means you can be completely honest. You can show someone if you choose to - in fact it might be helpful. However, you don't have to.... I would much rather prefer that you were honest about your thoughts + feelings. Ready to get started?

My general feelings about my blended family...		
A // I love them! Duh!	B // Of course I love them, but this is really hard.	C// Would you judge me if I ran away?

When I get frustrated with my spouse/kids, most often my response is to...		
A// Think about why I'm upset, pick an appropriate time + discuss it with my spouse and/or kid(s).	B// Depends on how I feel...sometimes I flip out in the moment + other times I try to calmly express myself.	C// I have a really hard time managing my frustrations + typically blow up.

I feel my spouse is...		
A// Adjusting well throughout this transition.	B// There's tension, but I'm not sure how to address it...	C// This is a great question....that I don't know the answer to...

When it comes to receiving advice about my family, generally...		
A// I'm open to feedback - I know it will help me grow.	B// I want help, but I'm not sure how to get it.	C// I don't need someone telling me how to run my family. Things will eventually work out.

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In terms of honesty, I would say...		
A // I'm pretty honest, yet sensitive to my family's needs.	B // Most of the time I'm honest about how I feel if I know no one will get hurt.	C// There's no way I could ever be honest about how I feel, because my spouse would get upset.

Let's add up your score...

Each letter A is equal to 1 point, each letter B is equal to 2 points + each letter C is equal to 3 points.

Write the total number of points for the letter A: _____

Write the total number of points for the letter B: _____

Write the total number of points for the letter C: _____

TOTAL SCORE: _____

If you scored 1-5 points //

Congrats! You are most likely happily integrated! You should think about mentoring someone who is joining a blended family! You can offer someone a realistic perspective about what it really takes to survive in a blended family!

If you scored 6-10 points //

Hmm! Seems like you're making it through the transition, but getting support couldn't hurt you! You are most likely feeling encouraged to continue the rough passage through merging your family, but perhaps you're not sure how to navigate certain situations. It would be helpful to join a group for Blended Families!

If you scored 11-15 points //

Okay.... The good news is that you're still here fighting for your family despite feeling like you want to give up. I want to say KUDOS to you for reaching this point + I want you to know that there's nothing wrong with you! I would encourage you to seek support via therapy and/or a Blended Families group!

If you need support or advice on how to move beyond this point, consider either joining the Tribe Lounge (bit.ly/TribeLounge) we would love to have you! Or you can send me an email for support: shood@ftheartcounseling.com