

"GOOD PARENT"			RESPONSIBLE PARENT		
Parent's Belief	Possible Parent Behaviors	Possible Results for Child	Parent's Belief	Possible Parent Behaviors	Possible Results for Child
I must control.	Demands obedience. Rewards and punishes. Tries to win; insists parent is right and child is wrong.	Rebels - must win or be right. Hides true feelings. Feels anxious. Seeks revenge: feels life is unfair. Gives up. Evades, lies, steals. Lacks self-discipline.	I believe the child can make decisions.	Permits choices. Encourages.	Feels self-confident; tries. Contributes. Cooperates. Solves problems. Becomes resourceful.
I am superior.	Pities child. Takes responsibility. Overprotects. Acts self-righteous. Spoils child. Shames child.	Learns to pity self and to blame others. Feels life is unfair. Feels inadequate. Expects others to give. Feels need to be superior.	I am equal not more or less worthwhile than others.	Believes in and respects child. Encourages independence. Gives choices and responsibility. Expects child to contribute.	Develops self-reliance and responsibility. Learns to make decisions. Respects self and others. Believes in equality.
I am entitled. You owe me.	Is overconcerned with fairness. Gives with strings attached.	Doesn't trust others. Feels life is unfair. Feels exploited. Learns to exploit others.	I believe in mutual respect.	Promotes equality. Encourages mutual respect. Avoids making child feel guilty.	Respects self and others. Has increased social feeling. Trusts others.
I must be perfect.	Demands perfection from all. Finds fault. Overconcerned about what others think; pushes child to make self look good.	Believes he/she is never good enough. Becomes perfectionistic. Feels discouraged. Worries about others' opinions.	I am human: I have "courage to be imperfect."	Sets realistic standards. Focuses on strengths. Encourages. Is not concerned with own image. Is patient.	Focuses on task at hand, not on self-elevation. Sees mistakes as challenge to keep trying. Has courage to try new experiences. Is tolerant of others.
I can't count. Others are more important than I.	Overindulges child. Becomes "slave." Gives in to child's demands. Feels guilty about saying no.	Expects to receive. Has poor social relationships. Does not respect rights of others. Is selfish.	I believe people are important, including myself.	Encourages mutual respect and contribution. Refuses to be "doormat." Knows when to say no.	Has good social relationships. Respects the rights of others. Is generous.