

What's My STYLE?

A SELF-EVALUATION OF HOW I AM PARENTING MY TEENS.

PURPOSE: *This simple, self-guided check-in invites you to reflect on how you are currently parenting, what influences your style, and where you might need to realign with biblical wisdom. It's not a quiz, but it is a conversation starter between yourself, God, and possibly a spouse or a trusted friend.*

STEP 1: WHAT'S MY STYLE?

Read the brief descriptions below. Which one best describes how you tend to parent most of the time?

AUTHORITATIVE (Grace + Truth): I set clear expectations and boundaries but also lead with love, empathy, and connection.

AUTHORITARIAN (Truth but little Grace): I enforce rules strictly and value obedience, but I often forget to show warmth or listen.

PERMISSIVE (Grace but little Truth): I'm warm and connected with my teens but struggle to hold firm boundaries or follow through with consequences.

UNINVOLVED: I often feel distracted, exhausted, or unsure of what to do, so I disengage more than I'd like to.

Which of these most describes your default mode of parenting?

☐ Authoritative

☐ Authoritarian

☐ Permissive

☐ Uninvolved

☐ A mix — describe: _____

STEP 2: WHAT'S SHAPING MY STYLE?

Reflect on where your parenting habits come from. Check all that apply:

- ☐ The way I was parented
- ☐ My spouse/partner's influence
- ☐ My desire to be liked by my teens
- ☐ How friends/family perceive me
- ☐ Fear of messing up
- ☐ Social media or cultural norms
- ☐ My faith and Scripture
- ☐ What's easiest or most convenient
- ☐ Something else: _____

Now ask yourself: Which of these is shaping me most right now? Is that what I want to guide me?

STEP 3: GOALS IN PARENTING

Have I identified any goals I have for my teens or for my parenting? Spend some time defining these goals.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Goal 5: _____

STEP 4: WHAT AM I SEEING?

Take a few moments to answer these questions to help you get a picture of how you are currently leading your teens.

- How are my teens responding to my parenting?

- Are they growing in respect, responsibility, love, and faith?

- Am I modeling what it means to follow Jesus?

- Am I pushing my teens to know and love Jesus?

- Are the rules I am establishing and enforcing teaching my teens biblical principles and molding their hearts to be more like Jesus?

- Are the ways I am correcting and disciplining my teens reflecting both the justice and grace of God?

- Is my parenting style promoting redemption and restoration of relationships?

STEP 5: WHAT DOES SCRIPTURE SAY?

Read these verses slowly and reflect:

- **EPHESIANS 6:4** – “Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.”
- **PROVERBS 22:6** – “Train up a child in the way he should go; even when he is old, he will not depart from it.”
- **JAMES 1:5** – “If any of you lacks wisdom, let him ask God...”
- **DEUTERONOMY 6:4-9** - “Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.”

Ask yourself and the Lord:

- Am I parenting in a way that reflects God's love and truth?
- What small step can I take this week to be more intentional and biblical in my parenting?
- What is one thing I can do to help improve my relationship with my teen?

A NEXT STEP AND A PRAYER

One change I feel prompted to make:

PRAYER *(to be read aloud or silently):*

Lord, thank You for the privilege of parenting. Help me to reflect Your character, which is gracious and truthful, firm yet kind. Give me wisdom, patience, and courage to lead my teenagers well. I trust You to shape their hearts as You shape mine. Amen.