

Feedback from Young Adult/Adult Children

Confidential Leadership Feedback requested by: _____

Completed by (name): _____

1. What behaviors of mine make it easy for you to connect with me and know who I am?

2. What behaviors of mine make it difficult for you to connect with me and know who I am?

3. What is one thing I could do that would make me a better parent/stepparent?

4. On a scale of 1–10 (with 10 being perfect), how would you rate my functioning in the following areas (please explain each rating):
 - Taking care of myself physically (movement, eating, sleeping)?
 - The strength of my personal support system?
 - Asking for help when I need it?
 - Spending quality time with you?
 - Holding you accountable for being responsible?
 - My willingness and ability to connect with other family members?
 - My ability to take a clear stand with family members?

5. What questions do you have that might be helpful for me to think about?