



## ProFathering 15™ Survey

Select the correct answer.

1) What is the family in which you grew up called?

- ☐ a) Family of parents and siblings
- ☒ b) Family of origin
- ☐ c) Family of history
- ☐ d) Family of the past

2) Most media and entertainment still portray dads as one or more of the “3Ds.” What does “3Ds” stand for?

- ☐ a) Dumb, doubtful, distant
- ☐ b) Distant, dumb, dreadful
- ☒ c) Dumb, dangerous, distant
- ☐ d) Dreary, dreadful, dangerous

3) What must you first become before you can become a good dad?

- ☒ a) A good man
- ☐ b) A good husband/partner
- ☐ c) A good employee
- ☐ d) A good individual

4) Which of the following statements is not true?

- ☐ a) Your character is key to how good a man and dad you can become.
- ☐ b) Morals are the key to character.
- ☐ c) You must work on your character if you are to raise healthy children.
- ☒ d) You don't always have to teach, model, and reinforce morals in your children.

5) What must you learn first before you can handle your emotions?

- ☐ a) Let go of the past
- ☐ b) How to connect with and get to know my emotions
- ☐ c) Focus on the future
- ☐ d) Focus on the present

6) Which of the following statements is true?

- ☐ a) Real men are in touch with their emotions and aren't afraid to show them.
- ☐ b) Men and women don't differ in how they process emotions.
- ☐ c) In all cases, it's bad to suppress emotions.
- ☐ d) Most women don't want men to show their emotions.

7) What creates grief in a person?

- ☐ a) A rapid heartbeat
- ☐ b) Other people
- ☐ c) Poor self-esteem
- ☐ d) Loss

8) Which of the following things must you do to grieve?

- ☐ a) Show courage in the face of grief.
- ☐ b) Don't talk with others about my grief.
- ☐ c) Don't reflect on my grief and the cause of it.
- ☐ d) Ignore my grief until it goes away.

9) On balance, who is worse off when it comes to health outcomes?

- ☐ a) Men than women
- ☐ b) Women than men
- ☐ c) White people than Black people
- ☐ d) Hispanic men than White men

10) What are the basics when it comes to taking good care of your physical health?

- ☐ a) Eat healthy, go to the bathroom at least twice a day, get enough sleep
- ☐ b) Eat healthy, work out, have lots of sex
- ☐ c) Eat healthy, work out, get enough sleep
- ☐ d) Have lots of sex, go to the bathroom at least twice a day, get enough sleep

11) What is the most important relationship in the life of your children?

- ☐ a) The one I have with my children.
- ☐ b) The one between their mother and me.
- ☐ c) The one they have with their mother.
- ☐ d) The one they have with their grandparents.

12) Which of the following things will your children not learn from your relationship with their mother?

- ☐ a) Whether their mother and I respect each other.
- ☐ b) Whether their mother and I resolve conflicts in healthy ways.
- ☐ c) Whether their mother and I show affection towards each other.
- ☐ d) What career my child should pursue.

13) When it comes to thinking, what are men and women like?

- ☐ a) Men are like spaghetti, and women are like waffles.
- ☐ b) Men are like waffles, and women are like spaghetti.
- ☐ c) Men are like cereal, and women are like syrup.
- ☐ d) Men are like syrup, and women are like cereal.

14) What will help you to talk with the mother of your children and give you the best chance to solve a problem between the two of you?

- ☐ a) Before the talk, I should have a solution in mind.
- ☐ b) Share my view first, and then listen to her view.
- ☐ c) I should bring an open mindset.
- ☐ d) I should bring a friend to act as a referee.

15) Do different styles of parenting or different approaches to parenting cause more problems between parents?

- ☐ a) Approaches cause more problems than styles.
- ☐ b) Styles cause more problems than approaches.
- ☐ c) Neither one causes more problems.
- ☐ d) There is no difference between a parenting style and a parenting approach.

16) Which of the following views must you take into solving any problem with the mother of your children?

- ☐ a) I should try to tackle problems we can't solve.
- ☐ b) It's not okay to reduce a problem and not solve all of it.
- ☐ c) I can only control what I say and the actions I take to solve problems.
- ☐ d) I should win at all costs.

17) What is your goal in building your fathering skills?

- ☐ a) To become an involved, responsible, committed dad
- ☐ b) To become an involved, responsible, employed dad
- ☐ c) To become an involved, committed, employed dad
- ☐ d) To become a responsible, committed, consistent dad

18) Which of the following statements is not true?

- ☐ a) I can be just as good a parent as my children's mother.
- ☐ b) Fathering is the same thing as parenting.
- ☐ c) I am unique and special in my children's lives.
- ☐ d) I should father my children in all the ways they need me.

19) Which of the following actions should you not do?

- ☐ a) If I am ever concerned about the development of any of my children, I should talk with their doctor about my concern.
- ☐ b) I should learn about the physical, social, and emotional milestones my children should reach by certain ages.
- ☐ c) I should learn how to help my children to reach their milestones.
- ☐ d) To make sure my children reach their milestones, I should compare my children to other children.

20) Which of the following statements is not true?

- ☐ a) The way I raise my children can strengthen a natural weakness or weaken a natural strength.
- ☐ b) Nature is the traits that my children were born with and that don't change.
- ☐ c) The way I raise my children can help them run faster than their natural ability will allow.
- ☐ d) Nurture is the way I raise and treat my children.

21) What is the goal of discipline?

- ☐ a) To show my children that I'm right and they're wrong
- ☐ b) To develop the character my children need to succeed
- ☐ c) To show my children that I'm right and their mother is wrong
- ☐ d) To tell my children they should not question me

22) If I ever have to punish my children, what must you do after you punish them?

- ☐ a) Repair the damage
- ☐ b) Repair their spirit
- ☐ c) Undo the damage
- ☐ d) Confuse them

23) Which of the following statements is not true about what a healthy sense of sexuality will do for you?

- ☐ a) It will help me to have healthy sexual relations between my wife/partner and me.
- ☐ b) It will help me protect and not harm another's sexual nature, such as through rape or unwanted touch.
- ☐ c) It will not help me raise children who grasp their nature as sexual human beings.
- ☐ d) It will help me protect my sexual nature from harm by others.

24) Which of the following aspects are not part of your sexual nature?

- ☐ a) My level of responsibility in having sex
- ☐ b) How healthy I am to have sex
- ☐ c) How much I respect my wife/partner's desire for sex and for certain things during sex
- ☐ d) Whether my wife/partner makes more money than I do

25) Which of the following forms of intimacy is not vital to a healthy romantic relationship?

- ☐ a) Emotional
- ☐ b) Intellectual
- ☐ c) Social
- ☐ d) Spiritual

26) With whom must you form intimate relationships for your overall health and well-being and how good a dad you can become?

- ☐ a) Other men
- ☐ b) Co-workers
- ☐ c) My lawyer
- ☐ d) My doctor

27) Which of the following statements is not true about dads who balance work and family?

- ☐ a) They are less likely to be focused when at work.
- ☐ b) They are less likely to suffer the stress that comes with long hours at work.
- ☐ c) They are less likely to call in sick just to spend time with their families or to recover from illness.
- ☐ d) They are more committed to their employers overall.

28) Which of the following statements about work-family balance is true?

- ☐ a) Work duties are not the main issue that keeps dads from being the best dads they can be.
- ☐ b) Dads who balance work and family are not as productive as dads who don't.
- ☐ c) Balance might mean something different for me than for another dad.
- ☐ d) Dads who balance work and family don't advance as fast and as far in their career as dads who focus more on work than on family.

29) Which of the following three things does every good dad do for his children?

- ☐ a) Nurtures, guides, decides
- ☐ b) Provides, nurtures, punishes
- ☐ c) Nurtures, guides, cooks
- ☐ d) Provides, nurtures, guides

30) When I create a spending plan (budget), what should you budget for?

- ☐ a) The present rather than the future
- ☐ b) Needs rather than wants
- ☐ c) The future rather than the present
- ☐ d) Wants rather than needs