

# Recognizing and Understanding your Expectations

This questionnaire is designed to help you look at your expectation of yourself, your family, and your child or children. These expectations may inform you as a parent and guide your beliefs about others in your family. Awareness of your expectations is important to examine when parenting a child by adoption or guardianship so you can set achievable expectations for yourself and others in the face of those affected by trauma.

**Using the scale below, respond to the following statements by circling the number that you feel applies to you.**

<b>1: Not true</b>	<b>2: Rarely true</b>	<b>3: Often true</b>	<b>4: True</b>
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1. My ability to love this child will be enough.

**1: Not true      2: Rarely true      3: Often true      4: True**

2. I will feel love and connection to this child immediately.

**1: Not true      2: Rarely true      3: Often true      4: True**

3. This child will become a part of my family and learn how to function within our/my 'rules,' goals and ambitions.

**1: Not true      2: Rarely true      3: Often true      4: True**

4. This child's needs will be just like those of the other children in my family.

**1: Not true      2: Rarely true      3: Often true      4: True      5. N/A**

5. Our child will fit well into our extended family and be welcomed by them.

**1: Not true      2: Rarely true      3: Often true      4: True      5. N/A**

6. My family/friends will respect my role as a parent and support me through the journey of fostering or adopting.

**1: Not true      2: Rarely true      3: Often true      4: True**

7. My child will see us as his/her family and forget their birth family and the past.

**1: Not true      2: Rarely true      3: Often true      4: True**

8. I can do for this child what was not done for me. (I have a history of neglect as a child)

**1: Not true      2: Rarely true      3: Often true      4: True      5. N/A**

9. I will not do to this child what was done to me. (I have a history of abuse as a child)

**1: Not true                      2: Rarely true      3: Often true                      4: True      5. N/A**

10. I will never feel any regrets or resentment about adopting or fostering a child with a traumatic past.

**1: Not true                      2: Rarely true      3: Often true                      4: True**