

The Father's Creed Challenge

The Father's Creed Challenge is an exercise that has the potential to transform relationships between fathers and their children. It's an excellent exercise to do on Father's Day or on a child's birthday.

Visit www.TheFathersCreed.com to find free YouTube videos on how to use this worksheet.

Child's Name: _____

Date: _____

	Rating		Rating
1. I treat your mother with kindness and respect.	1-10	2. I appreciate, acknowledge and encourage you.	1-10
3. With my words and actions, I build you up rather than tear you down.	1-10	4. I listen when you speak. I listen to your words, and for the needs behind your words.	1-10
5. I surround us with people who enhance our lives, and distance us from people who engage in destructive behaviors.	1-10	6. I express anger appropriately. I acknowledge and express the primary emotions behind my anger.	1-10
7. I apologize when I hurt you—I express <u>r</u> egret, take <u>r</u> esponsibility, <u>r</u> esolve to change, make <u>r</u> eparation and <u>r</u> equest forgiveness.	1-10	8. I effectively communicate my emotions and needs. I create a safe place for you to communicate yours.	1-10
9. I demonstrate how to respectfully request changes in the behavior in others, including my requests of you.	1-10	10. I demonstrate love and kindness toward you. I love you and I show it in ways that you can see and hear.	1-10