



# Child Behavior Index

## FOR CHILDREN AGES 3 TO 18

**Dr. Scott Turansky and Joanne Miller, RN. BSN**

**In cooperation with the  
National Center for Biblical Parenting**

The following is a diagnostic tool that will help you, as a parent or caregiver, get a clearer picture of your child's strengths and challenges. It will give you greater understanding of what work needs to be done now to build important life-skills. Behavior issues are best addressed with deeper solutions. Jesus refers to that deepest place as the heart. You might say, "Yes, but it's their behavior that gets them into trouble." That is true, but the best way to change behavior is by changing patterns in the heart.

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For more heart-based tools and solutions visit  
**[biblicalparenting.org](http://biblicalparenting.org) and [biblicalparenting.coach](http://biblicalparenting.coach)**



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# Child Behavior Index

FOR CHILDREN AGES 3 TO 18

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Your Name  Today's Date

Your Child's First Name  Gender  Age

## USE THE FOLLOWING SCALE:

- 1 Almost Never
- 2 Not usually
- 3 About half the time
- 4 Usually
- 5 Almost Always

## INSTRUCTIONS:

This is a self-guided diagnostic tool. After you fill it out and score it then you can analyze the data on the graph. It's helpful, if possible, to have two parents complete it independently and discuss it together. You can use it to develop specific action steps. At the end you'll be guided to helpful tips for areas of challenge.

**Circle one number for each question below. Every question must have a circled response.**

1 2 3 4 5	1. My child initially responds negatively or says, "wait" when asked to do a task.
1 2 3 4 5	2. My child gets angry with self or others when corrected.
1 2 3 4 5	3. My child has a hard time accepting no as an answer.
1 2 3 4 5	4. My child has intense anger episodes.
1 2 3 4 5	5. My child steals.
1 2 3 4 5	6. My child is impulsive and has a hard time with self-control.
1 2 3 4 5	7. My child is obsessed with electronics.
1 2 3 4 5	8. My child lacks self-initiative to do tasks he/she doesn't want to do.
1 2 3 4 5	9. My child blames others instead of taking responsibility for mistakes or offenses.
1 2 3 4 5	10. My child has strong emotional reactions when his/her expectations are not met.
1 2 3 4 5	11. My child yells or says mean things when angry.
1 2 3 4 5	12. My child lies.





1 2 3 4 5	13. My child is overly active at times when it's not appropriate.
1 2 3 4 5	14. My child is demanding or controlling about electronics use.
1 2 3 4 5	15. My child avoids assigned work or does the minimum to get by.
1 2 3 4 5	16. My child argues when confronted or corrected.
1 2 3 4 5	17. My child is demanding.
1 2 3 4 5	18. My child is easily irritated or annoyed.
1 2 3 4 5	19. My child sneaks to get around boundaries or limits.
1 2 3 4 5	20. My child is easily distracted and has a hard time focusing on a task.
1 2 3 4 5	21. My child's anger or anxiety increases the more he/she uses electronic devices.
1 2 3 4 5	22. My child pouts, whines, or shows disrespect (or other behaviors that reflect a bad attitude) when asked to do chores.
1 2 3 4 5	23. My child doesn't change no matter how many times I correct.
1 2 3 4 5	24. My child is self-centered often wishing others would just give him what he/she wants.
1 2 3 4 5	25. My child has a strong sense of personal justice and complains, "That's not fair."
1 2 3 4 5	26. My child tries to hide mistakes or offenses.
1 2 3 4 5	27. My child interrupts without sensitivity to others.
1 2 3 4 5	28. My child has a problem separating from electronics to participate in family life.
1 2 3 4 5	29. My child resists following instructions.
1 2 3 4 5	30. My child becomes defensive when corrected.
1 2 3 4 5	31. My child has a hard time with transitions or interruptions.
1 2 3 4 5	32. My child is critical and judgmental.
1 2 3 4 5	33. My child misrepresents the truth by adjusting or exaggerating the facts.
1 2 3 4 5	34. My child has trouble waiting or taking turns.
1 2 3 4 5	35. My child spends too much time on electronics instead of other wholesome activities.

**Check to make sure every statement has a number circled. Proceed to the next page for scoring.**



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## SCORING

The questions are divided into seven different categories. In order to determine the index, you'll need to follow the instructions below, adding up the numbers for each group of questions.

### To measure cooperation and getting things done:

Add the numbers next to statements 1, 8, 15, 22, 29

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure honesty and integrity:

Add the numbers next to statements 5, 12, 19, 26, 33

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure response to correction:

Add the numbers next to statements 2, 9, 16, 23, 30

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure ADHD tendencies (not a diagnosis):

Add the numbers next to statements 6, 13, 20, 27, 34

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure handling disappointment:

Add the numbers next to statements 3, 10, 17, 24, 31

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure electronics addiction:

Add the numbers next to statements 7, 14, 21, 28, 35

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

### To measure anger management:

Add the numbers next to statements 4, 11, 18, 25, 32

Total  on a scale of 5 (significant strength)  
to 25 (significant challenges)

**What conclusions are you seeing from the information above? Are there any surprises? Confirmations?**

**To see all of the questions in their categories, please refer to the next page. Then the following page helps you analyze the data to pinpoint where to affirm strengths or strategize for change.**



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## BREAKDOWN OF QUESTIONS

Here's the breakdown of the questions in each category to evaluate your responses. Feel free to adjust your answers if you feel like it would be helpful in your evaluation. The data is subjective based on your responses. Your goal should be to gain an accurate assessment of your child. The score can be used for discussion points for you and other caregivers and for the development of specific, individualized strategies to help your child.

### COOPERATION AND GETTING THINGS DONE

- 1. My child initially responds negatively or says, "wait" when asked to do a task.
- 8. My child lacks self-initiative to do tasks he/she doesn't want to do.
- 15. My child avoids assigned work or does the minimum to get by.
- 22. My child pouts, whines, or shows disrespect (or other behaviors that reflect a bad attitude) when asked to do chores.
- 29. My child resists following instructions.

### RESPONSE TO CORRECTION

- 2. My child gets angry with self or others when corrected.
- 9. My child blames others instead of taking responsibility for mistakes or offenses.
- 16. My child argues when confronted or corrected.
- 23. My child doesn't change no matter how many times I correct.
- 30. My child becomes defensive when corrected.

### HANDLING DISAPPOINTMENT

- 3. My child has a hard time accepting no as an answer.
- 10. My child has strong emotional reactions when his/her expectations are not met.
- 17. My child is demanding.
- 24. My child is self-centered often wishing others would just give him what he/she wants.
- 31. My child has a hard time with transitions or interruptions.

### ANGER MANAGEMENT

- 4. My child has intense anger episodes.
- 11. My child yells or says mean things when angry.
- 18. My child is easily irritated or annoyed.
- 25. My child has a strong sense of personal justice and complains, "That's not fair."
- 32. My child is critical and judgmental.

### HONESTY AND INTEGRITY

- 5. My child steals.
- 12. My child lies.
- 19. My child sneaks to get around boundaries or limits.
- 26. My child tries to hide mistakes or offenses.
- 33. My child misrepresents the truth by adjusting or exaggerating the facts.

### ADHD TENDENCIES (NOT A DIAGNOSIS)

- 6. My child is impulsive and has a hard time with self-control.
- 13. My child is overly active at times when it's not appropriate.
- 20. My child is easily distracted and has a hard time focusing on a task.
- 27. My child interrupts without sensitivity to others.
- 34. My child has trouble waiting or taking turns.

### ADDICTION TO ELECTRONICS

- 7. My child is obsessed with electronics.
- 14. My child is demanding or controlling about electronics use.
- 21. My child's anger or anxiety increases the more he/she uses electronic devices.
- 28. My child has a problem separating from electronics to participate in family life.
- 35. My child spends too much time on electronics instead of other wholesome activities.



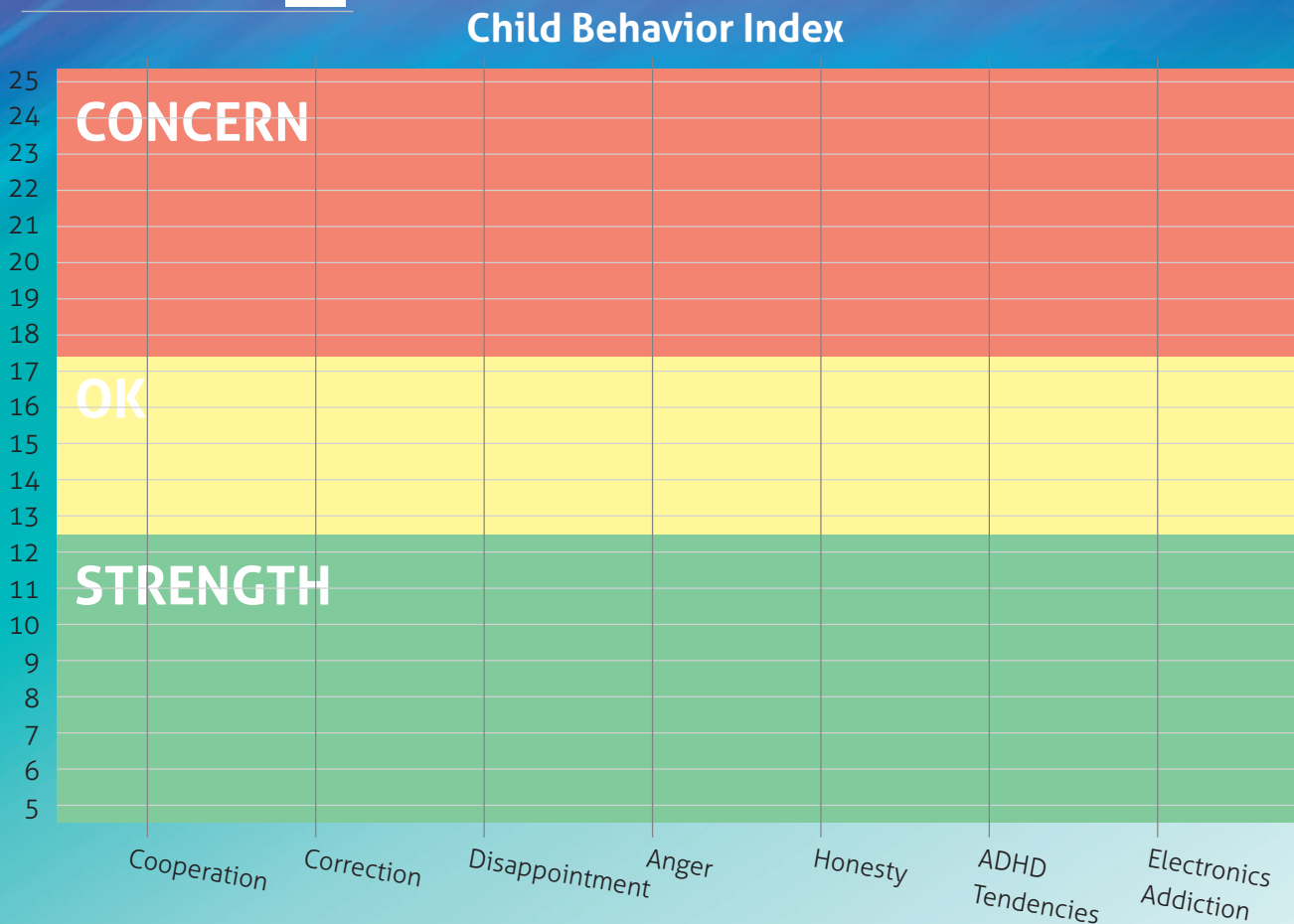
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## ANALYZING

- 1 Copy your answers from the scoring into these boxes.

Cooperation	<input type="text"/>	Honesty	<input type="text"/>
Correction	<input type="text"/>	ADHD Tendencies	<input type="text"/>
Disappointment	<input type="text"/>	Electronics Addiction	<input type="text"/>
Anger	<input type="text"/>		

- 2 Plot the results on the graph. Put a solid dot at the point where the number intersects each category.
- 3 Connect the dots to complete the graph.



- 4 Evaluate the results. Do they represent what you know to be true about your child? What strengths can you affirm in your child? What concerns need work? What other thoughts come to mind?
- 5 Go to [BiblicalParenting.org/ChildBehaviorIndex](https://BiblicalParenting.org/ChildBehaviorIndex) to find suggestions to strengthen each area.
- 6 Use what you are learning to dialog with your spouse or other caregivers. Look for ways to develop a specific, individualized, personalized strategy for change.

REMEMBER, you don't have to live with continual tension in your home. Children need training. You're the best trainer for your child when you have a good plan. Reduce tension and increase closeness, so that you can focus on your family's mission to benefit this world.





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## NEXT STEPS

### ONE MORE STEP

We have prepared a number of resources and free articles to provide you with direction in every one of these area. In order to access them we want to ask you to do one more thing for us.

The Child Behavior Index is part of a study. We would appreciate your feedback about your experience. Would you please take a few minutes and share your experience with us so that we can know how best to adjust this index before it is used with others.



**Go to [biblicalparenting.org/childbehaviorindex](https://biblicalparenting.org/childbehaviorindex)**

to fill out the form. You won't have to share any names. Just your comments. Once you complete the online survey you will have free access to the SOLUTIONS pages that will give you ideas in each of the categories represented in this Child Behavior Index.

I'm sure you can think of parents who would benefit from the Child Behavior Index. Would you please send it on to 3-4 people? I'm sure they will appreciate it.

If you'd like a free consultation to understand next steps you can implement with your child, go to [biblicalparenting.coach](https://biblicalparenting.coach) and click on "Schedule Your Call"

Have a personal coach for 8 weeks walk you through personalized, practical, biblical, heart-based solutions in your child. Learn more at [biblicalparenting.coach](https://biblicalparenting.coach)



Thank you!

