

Awesome Daughter Post-Assessment



DIRECTIONS: Print out this free assessment and answer the questions. Do not share them with your mother. Be as open and honest with yourself as you possibly can. You will be the only one to read your answers.

How Would You Describe Your Relationship With Your Mother?

Today's Date:

5 words that describe your mother:					
5 words that describe your relationship:					
5 words that describe how you feel about your mother:					
5 words that describe how you feel about the relationship:					
5 words that describe how you treat your mother:					
5 words that describe how your mother treats you:					
Why do you think things are the way they are between you?					
How does she contribute to the way things are between you?					
How do you contribute to the way things are between you?					