

8 **WHAT ABOUT YOU?** Check the sentences that describe your upbringing.

Lenient upbringing

- My parents did things for me that I could or should have done for myself.
- My parents did not expect me to do many chores or to help much around the house.
- I was allowed to have almost any clothes I wanted.
- My parents gave me too much freedom.
- My parents allowed me to take the lead or dominate the family.
- My parents did not enforce their rules.

Strict upbringing

- My parents made me do many things for myself.
- I had to do a lot of chores around the house.
- I had to use my own money to buy clothes.
- I wasn't given very much freedom.
- My parents used physical punishment to discipline me.
- My parents set a lot of rules for me to follow.

Do you think you were spoiled as a child? Were your parents too strict? Or did you grow up with a nice balance between strictness and leniency? Explain and try to give examples.

What should parents do (or not do) to raise kids who aren't spoiled? List some ideas.
