

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.
