

# Family Star (Relationships)<sup>TM</sup> Scales

The Outcomes Star for protecting children from conflict between parents

For each of the eight questions, choose the response that fits best for you most of the time.

1-2 Stuck   3-4 Accepting help   5-6 Believing and trying   7-8 Finding what works   9-10 Effective co-parenting

## 1 Practical arrangements

Parental roles, practical tasks, contact arrangements, handovers



Things are sorted in terms of practical arrangements

10 Yes, that's right

9 Yes, with occasional issues

I'm finding what works in terms of practical arrangements, but there are a few things to sort out

8 Yes, I'm getting there

7 Yes, I'm beginning to

I want to sort out roles, contact or other practical arrangements and I'm trying, but it's hard

6 I'm trying to sort things out

5 I know I need to make changes

I know we need to sort out roles or practical arrangements and I accept help when it's available

4 I accept help consistently

3 I sometimes accept help

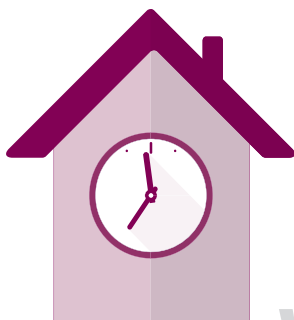
There is a lot of conflict over our roles or practical arrangements. I can't change that

2 Yes, but I see it's a problem

1 That's just the way it is

## 2 Routines and stability

A stable home, bedtime, meals and other routines, getting to school



Our children have the positive routines and stability they need to thrive

10 Yes, that's right

9 Yes, with occasional issues

I'm finding ways to give our children positive routines and stability, but there are a few issues

8 Yes, I'm getting there

7 Yes, I'm beginning to

I'm trying to sort out routines and stability for our children, but it's hard

6 I'm trying to sort things out

5 I know I need to make changes

I know our children need better routines or stability and I accept help when it's available

4 I accept help consistently

3 I sometimes accept help

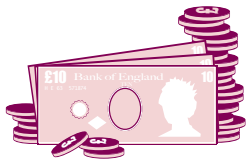
Our children don't have suitable routines or stability. I can't change that

2 Yes, but I see it's a problem

1 That's just the way it is

### 3 Money

#### Negotiating over money and possessions, fulfilling financial responsibilities



We have addressed money issues as well as we can and money does not cause unhealthy conflict	10 Yes, that's right
	9 Yes, with occasional issues
I'm finding ways to sort issues over money, but there are a few problems	8 Yes, I'm getting there
	7 Yes, I'm beginning to
I see there are things I can do to sort out conflict over money and I'm trying, but it's hard	6 I'm trying to sort things out
	5 I know I need to make changes
I know things need to be done to reduce conflict over money and I accept help when it's available	4 I accept help consistently
	3 I sometimes accept help
Money is a problem and the source of a lot of conflict. I can't change that	2 Yes, but I see it can't go on
	1 That's just the way it is

### 4 Meeting emotional needs

#### Connection, attention, helping your children grow up happy and resilient



Our children get the attention and emotional support they need to thrive	10 Yes, that's right
	9 Yes, with occasional issues
I'm finding ways to meet my children's emotional needs, but there are a few issues	8 Yes, I'm getting there
	7 Yes, I'm beginning to
I want my children to have the emotional support they need and I'm trying, but it's hard	6 I'm trying to sort things out
	5 I know I need to make changes
I know our children don't get the emotional support they need and I accept help when it's available	4 I accept help consistently
	3 I sometimes accept help
Our children don't get the emotional support they need. I can't change that	2 Yes, but I see it's a problem
	1 That's just the way it is

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