

CHILD TEMPERAMENT PERCEPTION WORKSHEET

Supplemental Parent Reflection Tool

(For selective use in CCE / CCRC / PPC matters)

IMPORTANT – PLEASE READ FIRST

This worksheet is **not a psychological test**, diagnosis, or evaluation of your child’s mental health. It does **not** measure your child’s personality and will **not** be scored.

Its purpose is to help the evaluator understand how each parent **perceives** the child’s general temperament, coping style, and patterns of response. There are no right or wrong answers.

Complete this worksheet **independently**, without consulting the other parent or the child.

INSTRUCTIONS

For each trait below, place an “**X**” at the point on the continuum that best reflects how you generally experience your child **most of the time**. Do not overthink individual situations or recent conflicts.

You may include **one brief example** for a trait **if helpful**, but this is optional.

CHILD INFORMATION

- Child’s Name: _____
 - Child’s DOB: _____
-

TEMPERAMENT CONTINUA (BIG FIVE FRAMEWORK)

1. OPENNESS TO EXPERIENCE

(Adaptability, curiosity, openness to new ideas or experiences)

- Very concrete / prefers routine
- Somewhat prefers routine
- Balanced

Somewhat curious / imaginative

Very curious / imaginative

Optional brief example (1 sentence max):

2. CONSCIENTIOUSNESS

(Organization, follow-through, impulse control)

Very impulsive / disorganized

Somewhat impulsive / disorganized

Balanced

Somewhat organized / self-directed

Very organized / self-directed

Optional brief example (1 sentence max):

3. EXTRAVERSION

(Sociability, energy drawn from people vs. solitude)

Very reserved / withdrawn

Somewhat reserved / quiet

Balanced

Somewhat outgoing / social

Very outgoing / energized by others

Optional brief example (1 sentence max):

4. AGREEABLENESS

(Cooperativeness, flexibility, response to authority or limits)

Very oppositional / rigid

- Somewhat resistant / inflexible
- Balanced
- Somewhat cooperative / adaptable
- Very cooperative / flexible

Optional brief example (1 sentence max):

5. EMOTIONAL REACTIVITY

(Emotional intensity, stress sensitivity, recovery from upset)

- Very emotionally steady
- Somewhat emotionally steady
- Balanced
- Somewhat emotionally reactive
- Very emotionally reactive

Optional brief example (1 sentence max):

OPTIONAL REFLECTION (LIMIT: 2–3 SENTENCES TOTAL)

Is there anything about your child’s temperament that you believe is **especially important** for the evaluator to understand in the context of custody, transitions, or co-parenting?

Parent Completing Worksheet: _____

Date: _____

This worksheet may be summarized or referenced in the evaluator’s analysis as one source of information among many. It is not determinative and does not replace interviews, observations, or collateral data.