



The Modern Childing Assessment

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Honoring the Past, Nurturing the Present - www.childing.org



Name: _____

Date: _____

HOW TO SCORE

Read each statement carefully and rate honestly based on actions over the past year. (If you are a parent assessing your child, rate how well they perform these actions towards you.)

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

1. The Depth of Connection

Eval  Childing, the emotional and communicative bond with your parents.

1.1 When my parents call or text, I try to respond promptly instead of leaving them 'on read'.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1.2 I listen respectfully when they offer advice, even if their perspective feels outdated.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1.3 When they criticize or scold me, I try to understand the care behind their words rather than instantly getting defensive.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1.4 I proactively check in on them just to say hello and see how they are doing.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

1.5 I keep them updated on major decisions in my life so they don't feel excluded from my world.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. The Art of Honoring

How  Childing® show practical, everyday respect and appreciation.

2.1 I pay attention to their physical comfort, whether it's their health, living conditions, or meals.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2.2 I celebrate their milestones (birthdays, anniversaries) in a way that makes them feel genuinely special.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2.3 When we are together, I give them my undivided attention rather than scrolling on my phone.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2.4 I use respectful, patient language when speaking to them, especially when teaching them modern technology.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2.5 I express my gratitude to them verbally or in writing for the sacrifices they've made.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. Trustworthiness & Integrity



Livir, Childing® e that brings peace of mind to your family.

3.1 If I make a promise to my parents, I do everything in my power to keep it.

1 2 3 4 5

3.2 I do the right thing even when no one is watching.

1 2 3 4 5

3.3 I avoid reckless behaviors that would cause my parents unnecessary anxiety or worry.

1 2 3 4 5

3.4 I don't lie to them to cover up mistakes; I take responsibility for my actions.

1 2 3 4 5

4. Family Harmony

How  Childing® interacts with your siblings and extended relatives.

4.1 I prioritize maintaining a good relationship with my siblings over arguing about material possessions or inheritances.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4.2 I treat my aunts, uncles, and older relatives with genuine respect and warmth.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4.3 When family conflicts arise, I try to be a peacemaker rather than adding fuel to the fire.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. Continuous Growth

Developing yourself so your parents can be proud of the person you're becoming.

5.1 I take care of my physical and mental health, knowing that my wellbeing is their greatest comfort.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5.2 I actively pursue learning and self-improvement in my career and personal life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5.3 I carry myself with dignity and treat my living space with respect.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. Financial Responsibility

Mar.  Childing® ensures stability.

6.1 I manage my money wisely so I do not become a financial burden to my aging parents.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6.2 I am actively planning for the future so I can eventually support them if they need it.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6.3 I help protect them from financial scams or bad investments if I notice them.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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Your Childing Assessment Score



You scored **0** out of a possible **115** points.

You have completed 0 out of 23 questions. Keep going to get your final score!

Notes & Reflections:

Childing[®].org

A premium digital platform dedicated to the ancient practice of filial piety, offering modern adult children the tools to honor their parents and preserve their family legacy.

THE PHILOSOPHY

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Stories



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