



JOANNA TABAKU

# Discover Your Empowered *Parenting Style*





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## **Parenting Style Quiz**

This quiz will help you identify your primary parenting style. Each style has its strengths and challenges, but the goal is to recognize where you are now and where you can grow. Answer the questions honestly, and let's see how you show up as a parent!

# **Discover Your Empowered Parenting Style**

## **1. How do you typically handle discipline when your child breaks a rule?**

- A. I enforce the rule strictly with clear consequences.
- B. I use the situation as an opportunity to teach a spiritual or life lesson.
- C. I explain the reasons behind the rule and discuss how they can make better choices next time.
- D. I negotiate with my child to find a middle ground.

## **2. When your child refuses to do something you've asked, how do you respond?**

- A. I offer something in return to encourage them to comply.
- B. I insist they do it immediately without argument.
- C. I take time to understand their perspective and explore deeper reasons behind their resistance.
- D. I ask them why they are refusing and work together to find a solution.

## **3. How do you motivate your child to achieve their goals?**

- A. I push them to work hard and stay focused on their objectives.
- B. I offer rewards or incentives for achieving their goals.
- C. I guide them in setting their own goals and support them in the process.
- D. I help them connect their goals to a higher purpose or spiritual calling.

## **4. What's your approach to helping your child resolve conflicts with others?**

- A. I tell them exactly how to handle the situation and expect them to follow my advice.
- B. I encourage them to see the conflict from a broader, spiritual perspective.
- C. I mediate between them and the other party to reach a compromise.
- D. I encourage them to express their feelings and guide them in finding a resolution.

# **Discover Your Empowered Parenting Style**

## **5. How do you ensure your child follows the family's values and rules?**

- A. I strictly enforce the rules and expect obedience.
- B. I lead by example and involve them in discussions about the family's values.
- C. I negotiate certain rules and values based on their preferences.
- D. I teach them to understand and align with these values on a spiritual level.

## **6. When your child is struggling with a difficult decision, how do you help?**

- A. I tell them what I think is best and expect them to follow my advice.
- B. I help them weigh the pros and cons and might offer an incentive for the "right" choice.
- C. I encourage them to meditate or pray about the decision and seek inner guidance.
- D. I guide them to consider all options and support whatever decision they make.

## **7. What's your approach to teaching your child responsibility?**

- A. I involve them in decision-making and explain the importance of responsibility.
- B. I assign chores or tasks and enforce strict completion.
- C. I offer rewards for completing tasks or responsibilities.
- D. I teach them that responsibility is a spiritual duty and part of their life purpose.

## **8. How do you encourage your child's growth and development?**

- A. I set clear expectations and discipline them to ensure they meet them.
- B. I encourage them to explore their spiritual side and connect with their inner self.
- C. I motivate them with incentives and rewards.
- D. I encourage self-directed learning and provide support where needed.

# Legend: Determining Your Parenting Style

To determine your parenting style based on the responses:

## 1. Assign Points to Each Answer:

### Authoritarian Parent:

Question 1: A  
Question 2: B  
Question 3: A  
Question 4: A  
Question 5: A  
Question 6: A  
Question 7: B  
Question 8: A

### Servant Leader:

Question 1: C  
Question 2: D  
Question 3: C  
Question 4: D  
Question 5: B  
Question 6: D  
Question 7: A  
Question 8: D

### Bargaining Parent:

Question 1: D  
Question 2: A  
Question 3: B  
Question 4: C  
Question 5: C  
Question 6: B  
Question 7: C  
Question 8: C

### Spiritual Teacher:

Question 1: B  
Question 2: C  
Question 3: D  
Question 4: B  
Question 5: D  
Question 6: C  
Question 7: D  
Question 8: B

# **Legend: Determining Your Parenting Style**

To determine your parenting style based on the responses:

## **2. Calculate Your Total Score:**

- After completing the quiz, tally how many answers correspond to each parenting style.

## **3. Identify Your Parenting Style Based on the Most Frequent Responses:**

### **Most Answers Corresponding to Authoritarian Parent:**

- You tend to take a firm, no-nonsense approach to parenting. Structure, discipline, and clear expectations are central to your style.

### **Most Answers Corresponding to Bargaining Parent:**

- You often use negotiation and incentives to manage your parenting. You believe in a give-and-take approach to meet both your and your child's needs.

### **Most Answers Corresponding to Servant Leader:**

- You guide your child with empathy, support, and collaboration. You believe in leading by example and fostering a trusting relationship.

### **Most Answers Corresponding to Spiritual Teacher:**

- Your parenting is deeply rooted in spiritual or philosophical beliefs. You aim to instill a sense of higher purpose and self-awareness in your child.

# **Legend: Determining Your Parenting Style**

## **Explanation of Each Parenting Style**

### **1. Authoritarian Parent**

You believe that structure and discipline are the keys to success. You set clear rules and consequences, and you expect them to be followed. You lead with authority and focus on shaping behavior through strict guidance. While this can create disciplined, hard-working children, it can sometimes limit creativity and open communication.

### **2. Bargaining Parent**

You see parenting as a negotiation. You're all about finding the balance between your expectations and your child's needs. You believe in rewards and compromises, which foster cooperation but can sometimes lead to a transactional mindset in your child. You focus on maintaining harmony while ensuring that your child feels heard.

# **Legend: Determining Your Parenting Style**

## **Explanation of Each Parenting Style**

### **3. Servant Leader**

You lead by example and place great value on open communication and mutual respect. You involve your child in decisions and encourage critical thinking. You see your role as a guide, empowering your child to make their own choices. This style fosters emotional intelligence and resilience but requires careful boundary-setting to ensure the structure is maintained.

### **4. Spiritual Teacher**

You view parenting as a spiritual journey. You focus on teaching your child values, self-reflection, and a deeper connection to the world around them. You believe that success comes from within, and you guide your child to align with their inner purpose. While this approach fosters self-awareness and emotional resilience, it's important to balance spirituality with practical, day-to-day decision-making.



# **Legend: Determining Your Parenting Style**

## **Long-Term Pros and Cons of Each Style**

### **1. Authoritarian Parent**

#### **Pros:**

- Provides structure and clarity, creating a sense of security.
- Instills discipline and respect for authority.
- Fosters a strong work ethic.

#### **Cons**

- Can suppress creativity and independence.
- May lead to children developing anxiety, fear of failure, or low self-esteem.
- Limits open communication, making it harder for children to express emotions or form deep emotional connections with parents.
- Can foster rebellion or resentment as children seek autonomy.

# **Legend: Determining Your Parenting Style**

## **Long-Term Pros and Cons of Each Style**

### **2. Bargaining Parent**

#### **Pros:**

- Encourages negotiation skills and problem-solving, which can serve children well in their adult lives.
- Fosters cooperation and flexibility, helping children adapt to various situations.
- Builds trust by demonstrating a willingness to compromise and collaborate.

#### **Cons:**

- Can lead to a transactional mindset, where children expect rewards for good behavior or cooperation.
- Lack of firm boundaries can create confusion and inconsistency, leading to challenges in discipline.
- May weaken parental authority, making it harder to enforce rules and maintain respect.
- Risk of manipulation by children who may use bargaining to avoid responsibility.

# **Legend: Determining Your Parenting Style**

## **Long-Term Pros and Cons of Each Style**

### **3. Servant Leader**

#### **Pros:**

- Fosters open communication and mutual respect, building a strong emotional bond between parent and child.
- Encourages independence, critical thinking, and decision-making, which helps children develop confidence and self-awareness.
- Promotes emotional intelligence and resilience, preparing children for both personal and professional success.
- Creates an environment of trust and cooperation, where children feel valued and heard.

#### **Cons:**

- May lead to boundary issues if parents struggle to enforce limits or maintain authority.
- Children may have difficulty respecting authority outside of the home if they are not accustomed to more traditional or hierarchical relationships, they need to have an understanding that adaptability is key
- Parents may experience burnout from constantly balancing the needs and desires of their children with their own responsibilities if they don't apply this style correctly. (I'm here to help with that! Or you can find other support as it's important when venturing into a style that is not familiar.

# **Legend: Determining Your Parenting Style**

## **Long-Term Pros and Cons of Each Style**

### **4. Spiritual Teacher**

#### **Pros:**

- Instills strong values and a sense of purpose, helping children connect with their inner selves and develop self-awareness.
- Promotes empathy, compassion, and mindfulness, helping children navigate life's challenges with emotional resilience.
- Encourages deep self-reflection and personal growth, fostering a sense of fulfillment and meaning in life.
- Children develop a strong moral compass and a deeper understanding of the world around them.

#### **Cons:**

- May lead to overly introspective children who struggle with practical decision-making or worldly challenges.
- Children may find it difficult to relate to peers who do not share the same spiritual or philosophical outlook so remain patient here.



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Conclusion: No parenting style is inherently “right” or “wrong”—each has its strengths and challenges. The key is balance and adaptability. Whether you lead with authority, negotiation, servant leadership, or spiritual guidance, understanding the pros and cons of your style allows you to adapt and grow as a parent. The most successful parents are those who remain flexible, empathetic, and empowered to continuously evolve, just as they guide their children to do the same. If you tell your children what to do or show them to bargain they will think life is about lose-win. If you serve and co-create, they will learn that the world is a beautiful community and that everyone matters and contributes.

Remember, parenting isn’t about perfection—it’s about progress. When you approach it with love, clarity, and purpose, you are setting your children up for a life filled with confidence, resilience, and success.