

# CALMNESS

## A Self-Scoring Assessment for Fathers



**A calm father knows how to maintain his composure in the heat of the battle. He can see beyond the immediate crisis and keep long-term goals in focus. His responses to his children's needs are consistent, thoughtful and reasonable.**

**INSTRUCTIONS:** Rate yourself (1-5) on how successful you are in each of the following tasks related to your fathering. Then add your scores and plot your total on the graph below. (You may want to have your child's mother or someone else who knows you well take the survey and then compare the answers.)

**5 = Very Good    4 = Good    3 = Average    2 = Poor    1 = Very Poor**

- 1. Being able to discuss differences in my family. \_\_\_\_\_
  - 2. Being able to respond calmly when my children say hurtful things to me. \_\_\_\_\_
  - 3. Being patient with my children when they make mistakes. \_\_\_\_\_
  - 4. Not losing my temper with my children. \_\_\_\_\_
  - 5. Responding calmly when my children do something with which I do not agree. \_\_\_\_\_
  - 6. Being level-headed during a crisis. \_\_\_\_\_
- TOTAL** \_\_\_\_\_



(The scale is not uniform because it is based on norms from a study of 1,516 fathers.)

**As you consider how you scored on this inventory, reflect on the following questions and/or discuss them with another dad or someone who knows you well.**

- 1. Was your father a calming presence in your life?
- 2. How do you typically respond when a family member hurls a hurtful comment at you?
- 3. When is the last time you asked for forgiveness from another family member?
- 4. How do you demonstrate and model calmness to your children?
- 5. How do you express emotion in your household?

## About the National Center for Fathering (NCF)

NCF was created in 1990 in response to the incredible social and economic impact of fatherlessness. The research is clear: children thrive when they have an involved father or father figure—someone who loves them, knows them, guides them, and helps them achieve their destiny. At NCF we work to improve the lives of children and reverse the trends of fatherlessness by inspiring and equipping fathers, grandfathers and father figures to be actively engaged in the lives of children.

### We focus our work in three key areas:

[Research](#) utilizing profiles like this one to provide insights for fathers and create benchmarks for evaluating our programs. We also partner with researchers and practitioners to help expand the knowledge base of the fathering field.

[Training](#) – NCF offers training through seminars, small groups, and training programs. We have reached over 80,000 fathers through our seminars and have equipped more than 1,000 trainers to lead seminars and workshops in their local communities.

[Resources](#) – Our website provides a wealth of free content for dads in nearly every fathering situation.

Dads can receive a [weekly e-mail](#) full of timely and practical tips on fathering. Daily tips and updates are also posted to our [Facebook](#) page and other social media.

If you appreciate the resources we provide, please consider [supporting our work](#).

### Ways to Get Involved:

- *Use social media* to follow what we're doing and share our blogs and fathering tips with your circle of acquaintances, and help us expand our reach. [Facebook](#) – [YouTube](#)
- *Support other dads* by getting together (even on Zoom) to talk about being a dad and encourage each other. This profile and discussion questions might be a good place to start.
- *Stay connected to us* through our [weekly email](#) and [website](#).

### Further Reading:

- [4 Qualities of Calm Fathers](#) “A calm father makes his children feel comfortable and secure, and increases the opportunities to experience the real joys and rewards of fatherhood.”
- [All Dads Face Difficulties. Are You Ready?](#) “Here are some fatherly traits we can work on to help us be ready for the uncertainties in our path.”
- [Just Demonstrate Healthy Emotions. Just Be DAD.](#) “Fathers are very important role models for their children, and this is very true when it comes to emotions.”

### JOIN US!

You can [become a member](#) of the National Center for Fathering / [fathers.com](#).

Your membership will give you access to exclusive content as well as discounts on resources and training—all designed to help you improve as a father and connect with your kids. In the process, you're supporting our efforts with fathers and families.

For just \$45 a year or \$5 per month you'll partner with us to make a difference in the lives of your children. [Get more information here](#).