

# Blended Family Quiz

There are unique challenges that blended families face. I call these the **“Blended Family Landmines”**.

When you learn to identify and navigate these landmines, you can have an even more successful family the second time around.

This quiz will help you identify if these landmines are present (or about to explode) in your family.

At the end of the quiz, you’ll see an opportunity to [Schedule a complimentary Blended Family Discovery Session](#). Together, we’ll review the results of your quiz. We’ll identify your biggest challenges and priorities as a blended family. And we’ll explore how I can best support you to be the best parent and partner you can be!

**Instructions:** For each landmine, give yourself a score from 1 to 10, where 1 means it’s not a problem and 10 means it’s an urgent challenge. Add your total score and bring your results to our discovery session.

Add up your scores for all 7 landmines.

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**The Brady Bunch Myth** - You and your partner have unrealistic expectations of how quickly bonds between new family members will form. As a result, people can start to feel rejected by, or resentful of each other.

**Conflict of Loyalties** - Children feel torn between their biological and step parents, while parents feel torn between their children and new partner. Individuals question whether they belong in this new family.

**Family Traditions** - There's confusion about how to incorporate old traditions with new traditions for holidays and other milestones. As a result, children can feel their original family is invalidated and resist bonding with their blended family.

**Disneyland Parenting** - Parents feel guilty and try to please or overindulge their kids rather than set healthy boundaries. They try to be a pal rather than a parent.

**Visitation** - When kids go back and forth between their parents' homes, many emotions can get triggered, such as feelings of loss, resentment, and disappointment.

**Unhealed Trauma** - Even though the divorce is behind you, there are unresolved hurts that continue to affect your new family. Kids may become more aggressive or withdrawn, and are reluctant to talk about their feelings with you.

**Unclear Rules and Responsibilities** - You and your partner aren't on the same page about house rules, roles and responsibilities. As a result, there's a lot of conflict and feelings of disrespect.

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**Total:**

How Did You Do? If you scored 30 or higher, we should talk.

[Schedule your complimentary Blended Family Discovery Session.](#)

We'll review the results of your quiz, and identify your biggest challenges and priorities. We'll also explore how I can best support you to create a successful blended family.

*I look forward to speaking with you soon!*