

The Parental Reflective Functioning Questionnaire

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PRFQ

Listed below are a number of statements concerning you and your child. Read each item and decide whether you agree or disagree and to what extent.

Use the following rating scale, with 7 if you strongly agree; and 1 if you strongly disagree. The midpoint, if you are neutral or undecided, is 4.

Strongly Disagree	1	2	3	4	5	6	7	Strongly Agree
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1. ___ The only time I'm certain my child loves me is when he or she is smiling at me.
2. ___ I always know what my child wants.
3. ___ I like to think about the reasons behind the way my child behaves and feels.
4. ___ My child cries around strangers to embarrass me.
5. ___ I can completely read my child's mind.
6. ___ I wonder a lot about what my child is thinking and feeling.
7. ___ I find it hard to actively participate in make believe play with my child.
8. ___ I can always predict what my child will do.
9. ___ I am often curious to find out how my child feels.
10. ___ My child sometimes gets sick to keep me from doing what I want to do.
11. ___ I can sometimes misunderstand the reactions of my child.
12. ___ I try to see situations through the eyes of my child.
13. ___ When my child is fussy he or she does that just to annoy me.
14. ___ I always know why I do what I do to my child.
15. ___ I try to understand the reasons why my child misbehaves.
16. ___ Often, my child's behavior is too confusing to bother figuring out.
17. ___ I always know why my child acts the way he or she does.
18. ___ I believe there is no point in trying to guess what my child feels.