

COMBINING WORK AND FAMILY

We'd like you to think about all the things that you do at work and at home. The first set of items are things people have said about the difficulties of combining work and family. To what extent, if at all, is each of the following items true for you?

	Not at all true	Somewhat true	Fairly true	Very true
1. Your working creates strains for your children.	1	2	3	4
2. Working leaves you with too little time to be the kind of parent you want to be.	1	2	3	4
3. Working causes you to miss out on some of the rewarding aspects of being a parent.	1	2	3	4
4. Working leaves you with too little energy to be the kind of parent you want to be.	1	2	3	4
5. Because of the requirements of your job, you have to miss out on home or family activities that you would prefer to participate in.	1	2	3	4
6. Because of the requirements of your job, your family time is less enjoyable and more pressured.	1	2	3	4
7. Thinking about your children interferes with your performance at work.	1	2	3	4
8. Because of your family responsibilities, you have to turn down work activities or opportunities that you would prefer to take on.	1	2	3	4
9. Because of your family responsibilities, the time you spend working is less enjoyable and more pressured.	1	2	3	4
10. When you spend time working, you're bothered by all the things at home you should be doing.	1	2	3	4
11. During the time set aside for work, you feel resentful because you'd really rather be spending time with your family.	1	2	3	4

	Never	Occasionally	Often	Very often
12. Your working creates strains for your children.	1	2	3	4
13. Working leaves you with too little time to be the kind of parent you want to be.	1	2	3	4

The next set of items are things that people have said about the benefits of combining work and family. To what extent, if at all, is each of the following items true for you?

	Not at all true	Somewhat true	Fairly true	Very true
14. Working helps you better appreciate the time you spend with your children.	1	2	3	4
15. Working makes you feel good about yourself, which is good for your children.	1	2	3	4
16. The fact that you're working makes you a better parent.	1	2	3	4
Having both work and family responsibilities:				
17. Makes you a more well-rounded person.	1	2	3	4
18. Gives your life more variety.	1	2	3	4
19. Challenges you to be the best you can be.	1	2	3	4
20. Means you manage your time better.	1	2	3	4
21. Managing your work and family responsibilities as well as you do makes you feel competent.	1	2	3	4