



## The Common Expectations of Parents Meet the Common Beliefs of Adopted Children

On a scale of 1 to 5, rate each expectation (1 = not like me; 3 = a little like me; 5 = a lot like me)

<u>Parent's Expectation</u>	<u>Rating</u>	<u>Child's Belief</u>	<u>Rating</u>
Our love will be returned and appreciated.		I don't deserve love and care. I am damaged goods.	
We (I) will feel love and connection to this child quickly.		I'm not sure I'm safe here, or that I can trust you. Adults cause pain and suffering.	
This child will step into our family system and easily learn how to function within our rules, goals and ambitions.		I don't understand your rules and they don't make sense to me. I will never fit in here.	
This child's needs will be just like those of our biological children.		I'm not like your other kids, so don't treat me like I am. It's not fair; they haven't been through what I've been through.	
Our biological children will embrace this new child as a sibling.		Your other kids are mean to me. They don't like me and they try to get me in trouble.	
Our child will fit well into our extended family and be welcomed by them.		All the relatives treat me like I'm different. They don't like me as much as the other kids.	
My friends and acquaintances will validate my role as a parent in our child's life and support us though the adoption process and beyond.		We don't get to go fun places like we used to. I know everyone blames me.	
Our child will see us as his family and forget about his birth family and his past.		I want you to initiate talks with me about my birth family. I need your help to come to terms with my losses.	
We can do for this child what was not done for me. (I have a history of neglect as a child.)		If I can't be what you want me to be, I'm afraid you won't like me, and you will abandon me.	
I will not do to this child what was done to me. (I have a history of abuse.)		If I don't please you, I'm afraid you will hurt me.	
I will never feel any regrets or ambivalence in adopting this child will a traumatic past.		I'm afraid I'll be too much for you to handle. I never wanted to be adopted anyway.	