

How I Think, Feel and Behave...

Everyone has problems and worries. This survey will help us understand what your problems and worries are, so we can help you. Read each statement below, and put a sticky dot beside the statements that apply to you. You can put more sticky dots if it is a bigger worry.

1. I can't stop thinking about my problems.
2. I find it difficult to feel any joy or happiness.
3. I feel I am a bad person.
4. I don't like the way I look.
5. I am worried about getting hurt or beaten up.
6. I am worried about someone in my family.
7. I have trouble sleeping.
8. I have headaches/ stomach aches a lot.
9. I don't feel like eating.
10. I am eating a lot more lately.
11. I get into bad moods a lot.
12. I use drugs or alcohol to cope with my problems.
13. I try or want to hurt myself.
14. I feel like my life will never be okay.
15. I am not getting along with my family.
16. I am not doing well in school.
17. I get into fights with other kids.
18. I do not feel comfortable with my sexuality.
19. I have an awful secret I'm nervous to share.
20. I don't have anyone to talk to about my problems.

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