

My Life Questionnaire

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PERSONAL QUESTIONNAIRE

Your Name: _____ Age: _____

School: _____ Grade: _____

Do you want your answers to be kept strictly confidential? (Other than reports of physical or sexual abuse, which the law requires be reported, any answers you give will be kept completely confidential, unless you authorize otherwise.)

Please check one: yes _____ no _____ don't care _____

Your Family

Circle all the words and phrases that describe your **family**:

divorced	re-married	happy
disorganized	close	boring
alot of arguing	regimented	fun
smart	crazy	cold
depressed	successful	nurturing
well-off	loyal	mean-spirited
critical	concerned	democratic
competitive	open	arguing
superior	poor	superficial
loving	attacking	supportive
achieving	funny	silent
loud	secretive	not caring
private	don't communicate	responsible

Any other words or phrases describe your family? _____

Circle all the words and phrases that apply to your **parents**:

Your Father:

kind	caring	uninvolved
away	gentle	strict
lenient	logical	angry
depressed	successful	happy
controlling	serious	funny
has problems	responsible	ill
consistent	inconsistent	powerful
listens	doesn't listen	self-centered
drinks too much	hypocritical	confusing
has strong ideals	supportive	encouraging
mean	too strict	too lenient
likes his work	hates his work	lectures
detached	aggressive	critical
bully	competent	self-disciplined
sympathetic	sarcastic	understanding

Any other words or phrases describe your father? _____

Your Mother:

kind	caring	uninvolved
away	gentle	strict
lenient	logical	angry
depressed	successful	happy

Your Mother (cont'd)

controlling	serious	funny
has problems	responsible	ill
consistent	inconsistent	powerful
listens	doesn't listen	self-centered
drinks too much	hypocritical	confusing
has strong ideals	supportive	encouraging
mean	too strict	too lenient
likes her work	hates her work	lectures
detached	aggressive	critical
bully	competent	self-disciplined
sympathetic	sarcastic	understanding

Any other words or phrases describe your mother? _____

Information About Yourself

Do you have a job? _____ Where? _____

What are your main interests and activities? _____

Circle all the words and phrases that you think apply to you. Cross out all the words and phrases that are completely unlike you.

confident	smart	lonely
always in trouble	popular	angry
friendly	wild	street smart

Words and phrases that apply to you (cont'd)

sensitive	confused	depressed
good looking	artistic	deep
argue alot	quiet	disciplined
intellectual	mechanical	lazy
motivated	intense	average
kind	disorganized	loyal
funny	independent	responsible
nervous	different	bored
musical	serious	carefree
philosophical	sad	in love
cool	uncool	worried
emotional	practical	complicated
pretty	handsome	ugly
happy	unhappy	obedient
rebellious	dumb	nerdy
athletic	strong	goal oriented
sentimental	relaxed	tense
creative		

Any other words or phrases that describe you? _____

School

Is there a subject (or subjects) you do best in? _____

Is there a subject (or subjects) you have trouble with? _____

What teacher do you like best? _____.

Why? _____

What teacher do you like least? _____

Why? _____

Circle all the words and phrases that describe you, your attitudes, and your involvement in school.

- | | | |
|---------------|-------------------|---------------|
| not in school | bored | satisfied |
| disappointed | under pressure | average |
| motivated | organized | disorganized |
| not trying | can't concentrate | goof-off |
| angry | enjoy learning | clueless |
| smart | could care less | below average |
| easy | responsible | hopeless |
| goal oriented | waste of time | up and down |
| interesting | important | painful |
| rewarding | fun | unimportant |

Worries and Concerns:

Circle the phrase that describes how worried or concerned you are at the present time about each item in the following list:

- | | | | | | |
|------------------------|------------|--------------|-----------|-------------|------------|
| <u>grades:</u> | not at all | occasionally | sometimes | quite a lot | constantly |
| <u>friends:</u> | not at all | occasionally | sometimes | quite a lot | constantly |
| <u>sports:</u> | not at all | occasionally | sometimes | quite a lot | constantly |
| <u>my family:</u> | not at all | occasionally | sometimes | quite a lot | constantly |
| <u>my parents:</u> | not at all | occasionally | sometimes | quite a lot | constantly |
| <u>being a failure</u> | not at all | occasionally | sometimes | quite a lot | constantly |

<u>sexual matters:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>boyfriend:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>girlfriend:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>being normal:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>disappointing people:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>alcohol use:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>looks:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>weight:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>intelligence:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>temper:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>looking or sounding stupid:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>drug use:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>fight and arguments:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>masturbation:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>being picked on:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>private thoughts:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>feelings:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>health:</u>	not at all	occasionally	sometimes	quite a lot	constantly

<u>being</u>					
<u>different:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>the future:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>suicide:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>the past:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>enemies:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>pregnancy:</u>	not at all	occasionally	sometimes	quite a lot	constantly
<u>a brother</u>					
<u>or sister:</u>	not at all	occasionally	sometimes	quite a lot	constantly

Anything else you are worried or concerned about? _____

Statements:

Following are some statements that were made by people about your own age. Circle the number that tells how much you agree or disagree with each statement.

- 1 - strongly agree
- 2 - somewhat agree
- 3 - neither agree nor disagree
- 4 - somewhat disagree
- 5 - strongly disagree

"My friends are my real family."	1	2	3	4	5
"Most teachers don't really care about kids."	1	2	3	4	5
"I'm pretty confident that I'll succeed in life."	1	2	3	4	5
"My teachers and parents think I'm smarter than I really am."	1	2	3	4	5
"Doing well in school matters a lot to me."	1	2	3	4	5
"I could get by on my own, without my parents."	1	2	3	4	5
"I sometimes wish I were back in childhood."	1	2	3	4	5
"My anger sometimes gets so out of control it scares me."	1	2	3	4	5
"I have good self discipline in my schoolwork."	1	2	3	4	5
"Life sucks."	1	2	3	4	5
"Classes in school feel like they last forever."	1	2	3	4	5
"Most of the adults I know lead boring lives."	1	2	3	4	5
"Sometimes I think I would be better off dead."	1	2	3	4	5
"I'm pretty sure that my problems will take care of themselves."	1	2	3	4	5
"When teachers explain things, I have trouble following what they're trying to say."	1	2	3	4	5
"The idea of turning 18 scares me."	1	2	3	4	5
"I enjoy learning"	1	2	3	4	5
"My mind has trouble concentrating lately."	1	2	3	4	5
"When I don't understand something in school, I usually just ignore it."	1	2	3	4	5

"I read a lot."	1	2	3	4	5
"I enjoy a discussion of intelligent ideas."	1	2	3	4	5
"In school, I rarely participate in class."	1	2	3	4	5
"When I don't do my homework, it bothers me."	1	2	3	4	5
"When I start to do my homework, I get distracted easily and have trouble concentrating."	1	2	3	4	5
"It take me longer to get schoolwork done than most students."	1	2	3	4	5
"It takes me a long time to get to sleep at night."	1	2	3	4	5
"My sexual interests might be considered unusual."	1	2	3	4	5

Things You've Done

Fill in the circle that tells how much you've done each thing in the past, and how often you do each thing at the present time in your life. If you don't want to answer an item, just leave it blank.

					not at all	once or twice	every so often	pretty often	all the time
Argue with adults	-	-	-past		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Daydream	-	-	-past		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write poetry (or songs)			-past		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink alcohol	-	-	-past		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pray	-	-	-past		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

						not at all	once or twice	every so often	pretty often	all the time
Cry	-				past	0	0	0	0	0
					present	0	0	0	0	0
Injure myself	-	-	-		past	0	0	0	0	0
					present	0	0	0	0	0
Steal	-	-	-	-	past	0	0	0	0	0
					present	0	0	0	0	0
Help a stranger			--	-	past	0	0	0	0	0
					present	0	0	0	0	0
Get in a physical fight-				-	past	0	0	0	0	0
					present	0	0	0	0	0
Think about sex				-	past	0	0	0	0	0
					present	0	0	0	0	0
Have sex	-		--	-	past	0	0	0	0	0
					present	0	0	0	0	0
Do something dangerous				-	past	0	0	0	0	0
					present	0	0	0	0	0
Do something my parents wouldn't allow					-past	0	0	0	0	0
					present	0	0	0	0	0
Cut class	--	-	-		past	0	0	0	0	0
					present	0	0	0	0	0
Smoke marijuana				-	past	0	0	0	0	0
					present	0	0	0	0	0

				not at all	once or twice	every so often	pretty often	all the time
Use other drugs	-	-	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have homosexual thoughts or feelings	-		past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talked to an adult about a problem I'm having			past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kept a diary or journal		--	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been mean to someone on purpose	-	-	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wrecked someone's property just for the hell of it			past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sneak out at night	-	-	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take my parent's car without permission	-		past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Force myself to throw up		--	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

					not at all	once or twice	every so often	pretty often	all the time	
Shoplifted	-	-	-	--	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have nightmares	-	-		--	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been a victim of physical abuse				--	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been a victim of sexual abuse-				-	past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there anything else that you would like me to know about you and your life?