

ID: _____

Date: _____

RESPONSES TO STRESS – [PC] (SR-C)

This is a list of things that children and teenagers sometimes find stressful when their parents argue. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. My parents say mean things to each other.	1	2	3	4
b. My parents argue with each other	1	2	3	4
c. My parents do not talk to each other.	1	2	3	4
d. I see my parents get angry with each other.	1	2	3	4
e. My parents avoid each other.	1	2	3	4
f. My parents shout at each other.	1	2	3	4
g. My parents do not look at each other.	1	2	3	4
h. Other: _____	1	2	3	4

Circle the number that shows how much control you generally think you have over these problems.

1	2	3	4
None	A little	Some	A lot

Below is a list of things that children and teenagers sometimes do, think, or feel when they are dealing with their parents’ arguing. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

Think of all the stressful parts of your parents’ arguing that you indicated above. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have the problems with your parents’ arguing like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don’t think it helps make things better.

WHEN DEALING WITH THE STRESS OF MY PARENTS’ ARGUING:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When my parents argue, I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change or fix the situation. Write one plan you thought of: _____ _____	1	2	3	4
4. When my parents argue, I don’t feel anything at all, it’s like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I keep remembering what happened when my parents argued or can’t stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4

WHEN DEALING WITH THE STRESS OF MY PARENTS' ARGUING:

How much do you do this?
 Not at all A little Some A lot

- | | | | | |
|---|---|---|---|---|
| 8. I decide I'm okay the way I am, even though I'm not perfect. | 1 | 2 | 3 | 4 |
| 9. When I'm around other people, I act like my parents' arguing never happened. | 1 | 2 | 3 | 4 |
| 10. I just have to get away from everything when my parents argue. | 1 | 2 | 3 | 4 |
| 11. I deal with my parents' arguing by wishing it would just go away, that everything would work itself out. | 1 | 2 | 3 | 4 |
| 12. I get really jumpy when my parents' argue. | 1 | 2 | 3 | 4 |
| 13. I realize that I just have to live with things the way they are. | 1 | 2 | 3 | 4 |
| 14. When my parents argue, I just can't be near anything that reminds me of what is happening. | 1 | 2 | 3 | 4 |
| 15. I try not to think about it, to forget all about it. | 1 | 2 | 3 | 4 |
| 16. When my parents argue, I really don't know what I feel. | 1 | 2 | 3 | 4 |
| 17. I ask other people or things for help or for ideas about how to make things better.
<i>(remember to circle a number.)</i> → | 1 | 2 | 3 | 4 |
| Check all you talked to: | | | | |
| <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member | | | | |
| <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these | | | | |
| 18. When I am trying to sleep, I can't stop thinking about my parents' arguments or I have bad dreams about my parents' arguments. | 1 | 2 | 3 | 4 |
| 19. I tell myself that I can get through this, or that I will be okay. | 1 | 2 | 3 | 4 |
| 20. I let my feelings out. <i>(remember to circle a number.)</i> → | 1 | 2 | 3 | 4 |
| I do this by: (Check all that you did.) | | | | |
| <input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting | | | | |
| <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun | | | | |
| <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow | | | | |
| <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling | | | | |
| <input type="checkbox"/> Crying <input type="checkbox"/> None of these | | | | |
| 21. I get help from other people or things when I'm trying to figure out how to deal with my feelings.
<i>(remember to circle a number.)</i> → | 1 | 2 | 3 | 4 |
| Check all that you went to: | | | | |
| <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member | | | | |
| <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these | | | | |
| 22. I just can't get myself to face my parents' arguing. | 1 | 2 | 3 | 4 |
| 23. I wish that someone would just come and take away my parents' arguments. | 1 | 2 | 3 | 4 |
| 24. I do something to try to fix the problem or take action to change things.
Write one thing you did: _____
_____ | 1 | 2 | 3 | 4 |
| 25. Thoughts about my parents' arguments just pop into my head. | 1 | 2 | 3 | 4 |
| 26. When my parents argue, I feel it in my body.
<i>(remember to circle a number.)</i> → | 1 | 2 | 3 | 4 |
| Check all that happen: | | | | |
| <input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these | | | | |
| <input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight | | | | |

You're half done. Before you keep working, look back at the first page so you remember the aspects of when your parents argue that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF MY PARENTS' ARGUING:	How much do you do this?			
	Not at all	A little	Some	A lot
27. I try to stay away from people and things that make me feel upset or remind me of my parents' arguments.	1	2	3	4
28. I don't feel like myself when my parents argue, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off my parents' arguments or how I'm feeling .	1	2	3	4
31. When my parents argue, I can't stop thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (<i>remember to circle a number.</i>) →	1	2	3	4
Check all you went to:				
<input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these				
33. When my parents argue, I can't always control what I do. (<i>remember to circle a number.</i>) →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking <input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things <input type="checkbox"/> None of these				
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when my parents argue, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When my parents argue, right away I feel really: (<i>remember to circle a number.</i>) →	1	2	3	4
Check all that you feel:				
<input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared				
38. It's really hard for me to concentrate or pay attention when my parents argue.	1	2	3	4
39. I think about the things I'm learning from the situation, or something good that will come from it.	1	2	3	4
40. When my parents argue, I can't stop thinking about what I did or said.	1	2	3	4
41. When my parents argue, I say to myself, "This isn't real."	1	2	3	4
42. When my parents argue, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off my parents' arguments by: (<i>remember to circle a number.</i>) →	1	2	3	4
Check all that you do:				
<input type="checkbox"/> Exercising <input type="checkbox"/> Seeing friends <input type="checkbox"/> Watching TV <input type="checkbox"/> Playing video games <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these				
44. When my parents argue, I get upset by things that don't usually bother me.	1	2	3	4

WHEN DEALING WITH THE STRESS OF MY PARENTS' ARGUING:	How much do you do this?			
	Not at all	A little	Some	A lot
45. I do something to calm myself down when I'm dealing with the stress of my parents' arguing. (remember to circle a number.) →	1	2	3	4
Check all that you do:				
<input type="checkbox"/> Take deep breaths				
<input type="checkbox"/> Pray				
<input type="checkbox"/> Walk				
<input type="checkbox"/> Listen to music				
<input type="checkbox"/> Take a break				
<input type="checkbox"/> Meditate				
<input type="checkbox"/> None of these				
46. I just freeze when my parents argue, I can't do anything.	1	2	3	4
47. When my parents argue, I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When my parents arguments happen, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When my parents argue, I can't stop thinking about why this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when my parents' argue.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When my parents argue, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4
57. When my parents' argue, sometimes I can't control what I do or say.	1	2	3	4