

ID: _____

Date: _____

Time point: _____

RESPONSES TO STRESS – Family Stress (PR-daughter)

Even when things are going well for kids and teenagers, almost everyone still has some tough times getting along with people in their family, like parents, step-parents, and brothers and sisters. So that we can find out how things have been going for your *daughter* lately, please circle the number indicating how stressful the following things have been for her in the last 6 months.

	Not at All	A Little	Somewhat	Very
a. Arguing with her mother	1	2	3	4
b. Arguing with her father	1	2	3	4
c. Her parents arguing with each other	1	2	3	4
d. Competing with her sibling(s)	1	2	3	4
e. Her parents not understanding her	1	2	3	4
f. Having a hard time talking with her parents	1	2	3	4
g. Her parents hassling or nagging her	1	2	3	4
h. Arguing or fighting with her sibling(s)	1	2	3	4
i. Not being as close to her sibling(s) as she'd like	1	2	3	4
j. Her sibling(s) messing up, breaking, or taking her belongings	1	2	3	4
k. Not spending as much time as she would like to with her parents	1	2	3	4
l. Having other kinds of problems with her parents	1	2	3	4

Explain _____

***** Circle the number that shows how much control she thinks she has over these problems.**

1	2	3	4
None	A little	Some	A lot

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everybody 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 things.

Think of all the situations that you indicated above as stressful for your daughter. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** she does or feels these things when she has problems with her family like the ones you indicated above. Please let us know about everything she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF PROBLEMS IN HER FAMILY:	How much does she do this?			
	Not at all	A little	Some	A lot
1. She tries not to feel anything.	1	2	3	4
2. When she has problems with her family, she feels sick to her stomach or gets headaches.	1	2	3	4
3. She tries to think of different ways to change or fix the situation. Write one plan she thought of: _____ _____	1	2	3	4
4. When problems with her family happen, she doesn't feel any emotions at all, it's like she has no feelings.	1	2	3	4
5. She wishes that she were stronger, smarter, or more popular so that things would be different.	1	2	3	4
6. She keeps remembering what happened with her family or can't stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PROBLEMS IN HER FAMILY:		How much does she do this?							
		Not at all	A little	Some	A lot				
7.	She lets someone or something know how she feels. (<i>remember to circle a number.</i>) →	1	2	3	4				
Check all she 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
8.	She decided she is okay the way she is, even though she's not perfect.	1	2	3	4				
9.	When she is around other people she acts like the problems in her family never happened.	1	2	3	4				
10.	She just has to get away when she has problems with her family, she can't stop herself.	1	2	3	4				
11.	She deals with the problem by wishing it would just go away, that everything would work itself out.	1	2	3	4				
12.	She gets really jumpy when she is having problems with her family.	1	2	3	4				
13.	She realizes that she just has to live with things the way they are.	1	2	3	4				
14.	When she has problems with her family, she just can't be near anything that reminds her of the situation.	1	2	3	4				
15.	She tries not to think about it, to forget all about it.	1	2	3	4				
16.	When problems with her family come up she really doesn't know what she feels.	1	2	3	4				
17.	She asks other people or things for help or for ideas about how to make the problem better. (<i>remember to circle a number.</i>) →	1	2	3	4				
Check all she 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 she is having problems with her family, she can't stop thinking about them when she tries to sleep, or she has bad dreams about them.	1	2	3	4				
19.	She tell herself that she can get through this, or that she'll do better next time.	1	2	3	4				
20.	She lets her feelings out. (<i>remember to circle a number.</i>) →	1	2	3	4				
She does this by: (Check all that she did.)									
<input type="checkbox"/>	Writing in her journal/diary	<input type="checkbox"/>	Drawing/painting	<input type="checkbox"/>	Being sarcastic/making fun				
<input type="checkbox"/>	Complaining to let off steam	<input type="checkbox"/>	Punching a pillow	<input type="checkbox"/>	Yelling				
<input type="checkbox"/>	Listening to music	<input type="checkbox"/>	None of these						
<input type="checkbox"/>	Exercising								
<input type="checkbox"/>	Crying								
21.	She gets help from other people or things when she is trying to figure out how to deal with her feelings. (<i>remember to circle a number.</i>) →	1	2	3	4				
Check all that she 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.	She just can't get herself to face the person she is having problems with or the situation.	1	2	3	4				
23.	She wishes that someone would just come and get her out of the mess.	1	2	3	4				

WHEN DEALING WITH THE STRESS OF PROBLEMS IN HER FAMILY:

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

You're half done. Before you keep working, look back at the first page so you remember what kinds of problems with her family you told us about. Remember to answer the questions below thinking about these things.

24. She does something to try to fix the problem or take action to change things. 1 2 3 4
Write one thing she did: _____

25. Thoughts about the problems with her family just pop into her head. 1 2 3 4
26. When she has problems with her family, she feels it in her body.
(remember to circle a number.) → 1 2 3 4
Check all that happen:
 Her heart races Her breathing speeds up None of these
 She feels hot or sweaty Her muscles get tight
27. She **tries** to stay away from people and things that make her feel upset or remind her of the problem. 1 2 3 4
28. She doesn't feel like herself when she is dealing with problems in her family, it's like she is far away from everything. 1 2 3 4
29. She just takes things as they are; she goes with the flow. 1 2 3 4
30. She thinks about happy things to take her mind off the problem or how she is **feeling**. 1 2 3 4
31. When problems with her family come up, she **can't stop** thinking about how she is feeling. 1 2 3 4
32. She gets sympathy, understanding, or support from someone. *(remember to circle a number.)* → 1 2 3 4
Check all she went to:
 Parent Friend Brother/Sister Pet Clergy Member
 Teacher God Stuffed Animal Other Family Member None of these
33. When problems with her family happen, she **can't** always control what she does.
(remember to circle a number.) → 1 2 3 4
Check all that happen:
 She can't stop eating She can't stop talking
 She does dangerous things She has to keep fixing/checking things
 None of these
34. She tells herself that things could be worse. 1 2 3 4
35. Her mind just goes blank when she has problems with her family, she can't think at all. 1 2 3 4
36. She tells herself that it doesn't matter, that it isn't a big deal. 1 2 3 4
37. When she has problems with her family, right away she feels really:
(remember to circle a number.) → 1 2 3 4
Check all that she feels:
 Angry Sad None of these
 Worried/anxious Scared
38. It's really hard for her to concentrate or pay attention when she has problems with her family. 1 2 3 4
39. She thinks about the things she is learning from the situation, or something good that will come from it. 1 2 3 4

WHEN DEALING WITH THE STRESS OF PROBLEMS IN HER FAMILY:	How much does she do this?			
	Not at all	A little	Some	A lot
40 When she has problems with her family, she can't stop thinking about what she did or said.	1	2	3	4
41. When she is having problems with her family, she says to herself, "This isn't real."	1	2	3	4
42. When she is having problems with her family, she ends up just lying around or sleeping a lot.	1	2	3	4
43. She keeps her mind off problems with her family by: (remember to circle a number.) → Check all that she does:	1	2	3	4
<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 problems with her family come up, she gets upset by things that don't usually bother her.	1	2	3	4
45. She does something to calm herself down when she is having problems with her family. (remember to circle a number.) → Check all that she does:	1	2	3	4
<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. She just freezes when she has problems with her family, she can't do anything.	1	2	3	4
47. When she is having problems with her family, sometimes she acts without thinking.	1	2	3	4
48. She keeps her feelings under control when she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When problems with her family happen, she can't seem to get around to doing things she is supposed to do.	1	2	3	4
50. She tells herself that everything will be all right.	1	2	3	4
51. When she has problems with her family, she can't stop thinking about why this is happening.	1	2	3	4
52. She thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. Her thoughts start racing when she has problems with her family.	1	2	3	4
54. She imagines something really fun or exciting happening in her life.	1	2	3	4
55. When she is having problems with her family, she can get so upset that she can't remember what happened or what she did.	1	2	3	4
56. She tries to believe that it never happened.	1	2	3	4
57. When she has problems with her family, sometimes she can't control what she does or says.	1	2	3	4