

ID: _____

Date: _____

Time point: _____

RESPONSES TO STRESS – Family Stress (SR-M)

Even when things are going well almost everyone still has some tough times getting along with people in their family, like children, step-children, spouses and significant others. So that we can find out how things have been going for you lately, please circle the number indicating how stressful the following things have been for you *in the last 6 months*.

	Not at All	A Little	Somewhat	Very
a. Arguing with your child(ren)	1	2	3	4
b. Arguing with your spouse or significant other	1	2	3	4
c. Your children competing with each other	1	2	3	4
d. Your children arguing or fighting with each other	1	2	3	4
e. Your children not being as close to each other as you would like	1	2	3	4
f. Your spouse or significant other not understanding you	1	2	3	4
g. Having a hard time talking with your child(ren)	1	2	3	4
h. Your children not respecting each other's property	1	2	3	4
i. Your child(ren) having problems with your spouse or significant other	1	2	3	4
j. Not spending as much time as you would like to with your child(ren)	1	2	3	4
k. Not spending as much time as you would like to with your spouse or significant other	1	2	3	4
l. Having other kinds of problems with your family	1	2	3	4
Explain _____				

***** Circle the number that shows how much control you think you have 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 problems 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 problems with your family 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 PROBLEMS IN MY FAMILY:	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 I have problems with my family, 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 problems with my family happen, I don't feel any emotions at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger, smarter, or more popular so that things would be different.	1	2	3	4

WHEN DEALING WITH PROBLEMS IN MY FAMILY:	How much do you do this?			
	Not at all	A little	Some	A lot
6. I keep remembering what happened with my family 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"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> Child(ren) <input type="checkbox"/> God <input type="checkbox"/> Spouse/Significant Other <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
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 the problems in my family never happened.	1	2	3	4
10. I just have to get away when I have problems with my family, I can't stop myself.	1	2	3	4
11. I deal with the problem by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I'm having problems with my family.	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 I have problems with my family, I just can't be near anything that reminds me of the situation.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When problems with my family come up 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 the problem better. (<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"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> Child(ren) <input type="checkbox"/> God <input type="checkbox"/> Spouse/Significant Other <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
18. When I'm having problems with my family, I can't stop thinking about them when I try to sleep, or I have bad dreams about them.	1	2	3	4
19. I tell myself that I can get through this, or that I'll do better next time.	1	2	3	4
20. I let my feelings out. (<i>remember to circle a number.</i>) → 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	1	2	3	4
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>) → Check all that you went to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> Child(ren) <input type="checkbox"/> God <input type="checkbox"/> Spouse/Significant Other <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
22. I just can't get myself to face the person I'm having problems with or the situation.	1	2	3	4
23. I wish that someone would just come and get me out of the mess.	1	2	3	4

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

WHEN DEALING WITH PROBLEMS IN MY FAMILY:	How much do you do this?			
	Not at all	A little	Some	A lot
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 the problems with my family just pop into my head.	1	2	3	4
26. When I have problems with my family, I feel it in my body. (remember to circle a number.) → 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	1	2	3	4
27. I try to stay away from people and things that make me feel upset or remind me of the problem.	1	2	3	4
28. I don't feel like myself when I am dealing with problems in my family, 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 the problem or how I'm feeling .	1	2	3	4
31. When problems with my family come up, I can't stop thinking about how I am feeling	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) → Check all you went to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Spouse/Significant Other <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
33. When problems with my family happen, I can't always control what I do. (remember to circle a number.) → 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	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when I have problems with my family, 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 I have problems with my family, right away I feel really: (remember to circle a number.) → 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	1	2	3	4
38. It's really hard for me to concentrate or pay attention when I have problems with my family.	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 I have problems with my family, I can't stop thinking about what I did or said.	1	2	3	4
41. When I'm having problems with my family, I say to myself, "This isn't real."	1	2	3	4

WHEN DEALING WITH PROBLEMS IN MY FAMILY:

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

42. When I'm having problems with my family, I end up just lying around or sleeping a lot. 1 2 3 4
43. I keep my mind off problems with my family by:
(remember to circle a number.) →
Check all that you do:
 Exercising Seeing friends Watching TV
 Playing video games Doing a hobby Listening to music None of these
44. When problems with my family come up, I get upset by things that don't usually bother me. 1 2 3 4
45. I do something to calm myself down when having problems with my family.
(remember to circle a number.) →
Check all that you do:
 Take deep breaths Pray Walk
 Listen to music Take a break Meditate None of these
46. I just freeze when I have problems with my family, I **can't** do anything. 1 2 3 4
47. When I'm having problems with my family, sometimes I 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 problems with my family 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 I have problems with my family, 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 I am having problems with my family. 1 2 3 4
54. I imagine something really fun or exciting happening in my life. 1 2 3 4
55. When I'm having problems with my family, 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 I am having problems with my family, sometimes I **can't** control what I do or say. 1 2 3 4