

ID: \_\_\_\_\_

Date: \_\_\_\_\_

Time point: \_\_\_\_\_

**RESPONSES TO STRESS – Family Stress (PR-Child)**

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 *child* lately, please circle the number indicating how stressful the following things have been for him/her in the last 6 months.

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

Explain \_\_\_\_\_

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

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

## WHEN DEALING WITH THE STRESS OF PROBLEMS IN HIS/HER FAMILY:

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

7. He/she lets someone or something know how he/she feels. (*remember to circle a number.*) → 1 2 3 4  
**Check all he/she talked to:**  
 Parent       Friend       Brother/Sister       Pet       Clergy Member  
 Teacher       God       Stuffed Animal       Other Family Member       None of these
8. He/she decided he/she is okay the way he/she is, even though he/she's not perfect. 1 2 3 4
9. When he/she is around other people he/she acts like the problems in his/her family never happened. 1 2 3 4
10. He/she just **has** to get away when he/she has problems with his/her family, he/she can't stop himself/herself. 1 2 3 4
11. He/she deals with the stress of the problem by wishing it would just go away, that everything would work itself out. 1 2 3 4
12. He/she gets really jumpy when he/she is having problems with his/her family. 1 2 3 4
13. He/she realizes that he/she just has to live with things the way they are. 1 2 3 4
14. When he/she has problems with his/her family, he/she just **can't** be near anything that reminds him/her of the situation. 1 2 3 4
15. He/she **tries** not to think about it, to forget all about it. 1 2 3 4
16. When problems with his/her family come up he/she really doesn't know what he/she feels. 1 2 3 4
17. He/she asks other people or things for help or for ideas about how to make the problem better. (*remember to circle a number.*) → 1 2 3 4  
**Check all he/she talked to:**  
 Parent       Friend       Brother/Sister       Pet       Clergy Member  
 Teacher       God       Stuffed Animal       Other Family Member       None of these
18. When he/she is having problems with his/her family, he/she **can't stop** thinking about them when he/she tries to sleep, or he/she has bad dreams about them. 1 2 3 4
19. He/she tell himself/herself that he/she can get through this, or that he/she'll do better next time. 1 2 3 4
20. He/she lets his/her feelings out. (*remember to circle a number.*) → 1 2 3 4  
**He/she does this by: (Check all that he did.)**  
 Writing in his/her journal/diary       Drawing/painting  
 Complaining to let off steam       Being sarcastic/making fun  
 Listening to music       Punching a pillow  
 Exercising       Yelling  
 Crying       None of these
21. He/she gets help from other people or things when he/she is trying to figure out how to deal with his/her feelings. (*remember to circle a number.*) → 1 2 3 4  
**Check all that he went to:**  
 Parent       Friend       Brother/Sister       Pet       Clergy Member  
 Teacher       God       Stuffed Animal       Other Family Member       None of these
22. He/her **just can't** get himself/herself to face the stress of having problems with his/her family. 1 2 3 4
23. He/she wishes that someone would just come and get him/her out of the mess. 1 2 3 4

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

## WHEN DEALING WITH THE STRESS OF PROBLEMS IN HIS/HER FAMILY:

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

24. He/she does something to try to fix the problem or take action to change things. 1 2 3 4  
**Write one thing he/she did:** \_\_\_\_\_  
 \_\_\_\_\_
25. Thoughts about the problems with his/her family just pop into his/her head. 1 2 3 4
26. When he has problems with his/her family, he/she feels it in his/her body.  
*(remember to circle a number.)* → 1 2 3 4  
**Check all that happen:**  
 His/her heart races       His/her breathing speeds up       None of these  
 He/she feels hot or sweaty       His/her muscles get tight
27. He/she **tries** to stay away from people and things that make him/her feel upset or remind him/her of the problem. 1 2 3 4
28. He/she doesn't feel like himself/herself when he/she is dealing with problems in his/her family, it's like he/she is far away from everything. 1 2 3 4
29. He/she just takes things as they are; he/she goes with the flow. 1 2 3 4
30. He/she thinks about happy things to take his/her mind off the problem or how he/she is **feeling**. 1 2 3 4
31. When problems with his/her family come up, he/she **can't stop** thinking about how he/she is feeling. 1 2 3 4
32. He/she gets sympathy, understanding, or support from someone. *(remember to circle a number.)* → 1 2 3 4  
**Check all he/she went to:**  
 Parent       Friend       Brother/Sister       Pet       Clergy Member  
 Teacher       God       Stuffed Animal       Other Family Member       None of these
33. When problems with his/her family happen, he/she **can't** always control what he/she does.  
*(remember to circle a number.)* → 1 2 3 4  
**Check all that happen:**  
 He/she can't stop eating       He/she can't stop talking  
 He/she does dangerous things       He/she has to keep fixing/checking things  
 None of these
34. He/she tells himself/herself that things could be worse. 1 2 3 4
35. His/her mind just goes blank when he/she has problems with his/her family, he/she can't think at all. 1 2 3 4
36. He/she tells himself/herself that it doesn't matter, that it isn't a big deal. 1 2 3 4
37. When he/she has problems with his/her family, right away he/she feels really:  
*(remember to circle a number.)* → 1 2 3 4  
**Check all that he/she feels:**  
 Angry       Sad       None of these  
 Worried/anxious       Scared
38. It's really hard for him/her to concentrate or pay attention when he/she has problems with his/her family. 1 2 3 4
39. He/she thinks about the things he/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 HIS/HER FAMILY:	How much does he/she do this?			
	Not at all	A little	Some	A lot
40. When he/she has problems with his/her family, he/she <b>can't stop</b> thinking about what he/she did or said.	1	2	3	4
41. When he/she is having problems with his/her family, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When he/she is having problems with his/her family, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off problems with his/her family by: (remember to circle a number.) → <b>Check all that he/she does:</b> <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	1	2	3	4
44. When problems with his/her family come up, he/she gets upset by things that don't usually bother him/her.	1	2	3	4
45. He/she does something to calm himself/herself down when he/she is having problems with his/her family. (remember to circle a number.) → <b>Check all that he/she does:</b> <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	1	2	3	4
46. He/she just freezes when he/she has problems with his/her family, he/she <b>can't</b> do anything.	1	2	3	4
47. When he/she is having problems with his/her family, sometimes he/she acts without thinking.	1	2	3	4
48. He/she keeps his/her feelings under control when he/she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When problems with his/her family happen, he/she can't seem to get around to doing things he/she is supposed to do.	1	2	3	4
50. He/she tells himself/herself that everything will be all right.	1	2	3	4
51. When he/she has problems with his/her family, he/she <b>can't stop</b> thinking about <b>why</b> this is happening.	1	2	3	4
52. He/she thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His/her thoughts start racing when he/she has problems with his/her family.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When he/she is having problems with his/her family, he/she can get so upset that he/she can't remember what happened or what he/she did.	1	2	3	4
56. He/she tries to believe that it never happened.	1	2	3	4
57. When he/she has problems with his/her family, sometimes he/she <b>can't</b> control what he/she does or says.	1	2	3	4