

RESPONSES TO STRESS – [VS] (PR-C)

This is a list of things about violence that children and teenagers sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for your child in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Seeing someone else get threatened with violent words	1	2	3	4
b. Getting threatened with violent words him/herself	1	2	3	4
c. Seeing someone else get threatened with a weapon	1	2	3	4
d. Getting threatened with a weapon him/herself	1	2	3	4
e. Seeing someone else get harassed or chased by gangs	1	2	3	4
f. Getting harassed or chased by gangs him/herself	1	2	3	4
g. Seeing someone else get beaten up or jumped	1	2	3	4
h. Getting beaten up or jumped him/herself	1	2	3	4
i. Seeing someone seriously hurt by another person	1	2	3	4
j. Other _____	1	2	3	4

Circle the number that shows how much control he/she generally thinks he/she has 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 violence. 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 being around violence that have been stressful for your child lately that you checked off above. 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 is around violence 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 VIOLENCE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
1. He/she tries not to feel anything.	1	2	3	4
2. When dealing with the stress of violence, 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. Write one plan he/she thought of: _____ _____	1	2	3	4
4. When faced with the stress of violence, he/she doesn't feel anything 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 keeps remembering what happened with the violence or can't stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF VIOLENCE:

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. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all he/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. He/she decides 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 violent thing never happened.	1	2	3	4
10. He/she just has to get away from everything when he/she is dealing with the stress of violence.	1	2	3	4
11. He/she deals with the stress of violence 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 dealing with the stress of violence.	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 is dealing with the stress of violence, 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 he/she is dealing with the stress of violence, 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 things better. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all he/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 he/she is trying to sleep, he/she can't stop thinking about the stressful aspects of violent things or he/she has bad dreams about violence.	1	2	3	4
19. He/she tells himself/herself that he/she can get through this, or that he/she will be okay.	1	2	3	4
20. He/she lets his/her feelings out. <i>(remember to circle a number.)</i> →	1	2	3	4
He/she does this by: (Check all that he/she did.)				
<input type="checkbox"/> Writing in his/her 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. He/she gets help from other people or things when he/she is trying to figure out how to deal with his/her feelings. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that he/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. He/she just can't get himself/herself to face the stress of violence.	1	2	3	4
23. He/she wishes that someone would just come and take away the stressful aspects of violence.	1	2	3	4

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

WHEN DEALING WITH THE STRESS OF VIOLENCE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
24. He/she does something to try to fix the problems with violence. Write one thing he/she did: _____ _____	1	2	3	4
25. Thoughts about violence just pop into his/her head.	1	2	3	4
26. When he/she is dealing with violence, he/she feels it in his/her body. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> His/her heart races <input type="checkbox"/> His/her breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> He/she feels hot or sweaty <input type="checkbox"/> His/her muscles get tight	1	2	3	4
27. He/she tries to stay away from people and things that make him/her feel upset or remind him/her of violence.	1	2	3	4
28. He/she doesn't feel like himself/herself when he/she is dealing with violence, 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 violence or how he/she is feeling .	1	2	3	4
31. When something stressful happens related to violence, 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.) → Check all he/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	1	2	3	4
33. When something stressful happens related to violence, he/she can't always control what he/she does. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> He/she can't stop eating <input type="checkbox"/> He/she can't stop talking <input type="checkbox"/> He/she does dangerous things <input type="checkbox"/> He/she has to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. He/she tells himself/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when something stressful happens related to violence, 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 is faced with the stressful parts of violence, right away he/she feels really: (remember to circle a number.) → Check all that he/she feels: <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 him/her to concentrate or pay attention when something stressful happens related to violence.	1	2	3	4
39. He/she thinks about the things he/she is learning from the violence or the situation, or something good that will come from it.	1	2	3	4

WHEN DEALING WITH THE STRESS OF VIOLENCE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
40. After something stressful happens related to violence, he/she can't stop thinking about what he/she did or said.	1	2	3	4
41. When violence happen, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When he/she is dealing with the stressful parts of violence, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off violence by: (remember to circle a number.) → Check all that he/she does: <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 something stressful happens related to violence, 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 dealing with the stress of violence. (remember to circle a number.) → Check all that he/she does: <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 is dealing with stressful parts of violence, he/she can't do anything.	1	2	3	4
47. When stressful things happen related to violence he/she sometimes 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 something stressful happens related to violence, 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 something stressful happens related to violence, he/she can't stop thinking about why 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 is faced with the stressful parts of violence.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When something stressful happens related to violence, 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 is dealing with the stress of violence, sometimes he/she can't control what he/she does or says.	1	2	3	4