

ID: _____

Date: _____

RESPONSES TO STRESS – [PD-F] (SR-C)

Almost everyone has a tough time getting along with his or her parents. So that we can find out how things have been going for you and your *father* lately, 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 Dad does not want to spend as much time with me as I would like.	1	2	3	4
b. My parents say mean things to each other.	1	2	3	4
c. My Dad is too upset, tense, grouchy, angry, and easily frustrated.	1	2	3	4
d. My parents shout at each other.	1	2	3	4
e. I am not sure how my Dad will react when I ask him for something.	1	2	3	4
f. Sometimes, I feel responsible for the way my Dad feels.	1	2	3	4
g. My Dad does not want to do things with the family.	1	2	3	4
h. My parents do not talk to each other.	1	2	3	4
i. My Dad worries too much that bad things might happen to me.	1	2	3	4
j. My Dad does not listen to me, or pay attention to events in my life.	1	2	3	4
k. My Dad seems to be sad or cries a lot of the time.	1	2	3	4
l. I see my parents get angry with each 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

This 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 the situations you just checked off. 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 father like the ones you just checked off. 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 PROBLEMS WITH YOUR FATHER:	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 Dad I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change the problem or fix the situation. Write one plan you thought of : _____	1	2	3	4
4. When problems with my Dad happen 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 or smarter so that things would be different.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH YOUR FATHER:	How much do you do this?			
	Not at all	A little	Some	A lot
6. I keep remembering what happened with my Dad or can't stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (Remember to circle a number.) ----->	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
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 problem never happened.	1	2	3	4
10. I just have to get away when I have problems with my Dad, 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 getting along with my Dad.	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 Dad, I just can't be near anything that reminds me of the problem.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When I'm having problems getting along with my Dad, I really don't know what I feel.	1	2	3	4
17. I ask other people for help or for ideas about how to make the problem better. ----->	1	2	3	4
Check all you talked to: (Remember to circle a number.)				
<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 problems getting along with my Dad, 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. (Remember to circle a number.) ----->	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 when I'm trying to figure out how to deal with my feelings. ----->	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 Dad when I'm having problems with him or the situation.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of problems with my dad.	1	2	3	4
24. I do something to try to fix the problem or take action to change things.	1	2	3	4
Write one thing you did: _____				

25. Thoughts about my problems with my Dad just pop into my head.	1	2	3	4

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

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH YOUR FATHER:	How much do you do this?			
	Not at all	A little	Some	A lot
26. When I have problems with my Dad, I feel it in my body. (Remember to circle a number.) ----->	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			
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 have problems with my Dad, it's like I'm 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 Dad 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.) ----->	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 problems with my Dad happen, I can't always control what I do. -----> (Remember to circle a number.)	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 I have problems with my Dad, 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 Dad right away I feel really: -----> (Check all you feel.) (Remember to circle a number.)	1	2	3	4
<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 I have problems with my Dad.	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 Dad I can't stop thinking about what I did or said.	1	2	3	4
41. When problems with my Dad come up, I say to myself, "This isn't real."	1	2	3	4
42. When something goes wrong with my Dad I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off my problems with Dad by: (Remember to circle a number.) ----->	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 problems with my dad come up, I get upset by things that don't usually bother me.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH YOUR FATHER:	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 having problems with my Dad.-----> 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	1	2	3	4
46. I just freeze when I have problems with my Dad, I can't do anything.	1	2	3	4
47. When I'm having a problem with my Dad, 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 Dad 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 Dad, I can't stop thinking about why they happened to me.	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'm having a tough time with my Dad.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When a rough situation with my Dad happens, 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 it never happened.	1	2	3	4
57. When we are having problems with my Dad, sometimes I can't control what I do or say.	1	2	3	4