

RESPONSES TO STRESS – [PD-M] (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 *mother* 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 Mom 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 Mom 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 Mom will react when I ask her for something. | 1 | 2 | 3 | 4 |
| f. Sometimes, I feel responsible for the way my Mom feels. | 1 | 2 | 3 | 4 |
| g. My Mom 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 Mom worries too much that bad things might happen to me. | 1 | 2 | 3 | 4 |
| j. My Mom does not listen to me, or pay attention to events in my life. | 1 | 2 | 3 | 4 |
| k. My Mom 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 mother 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 MOTHER: | 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 Mom 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 Mom 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 MOTHER: | How much do you do this? | | | |
|--|---|---|--|--|
| | Not at all | A little | Some | A lot |
| 6. I keep remembering what happened with my Mom 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> -----> | 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 Mom, 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 Mom. | 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 Mom, 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 Mom, 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. -----> <i>(Remember to circle a number.)</i> | 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 |
| 18. When I am trying to sleep, I can't stop thinking about problems getting along with my Mom, 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> -----> | 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 Mom when I'm having problems with her 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 mom. | 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 Mom 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 mother 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 MOTHER: | How much do you do this? | | | |
|---|--|---|--|--|
| | Not at all | A little | Some | A lot |
| 26. When I have problems with my Mom, 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 Mom, 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 Mom 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 Mom happen, I can't always control what I do. -----> | 1 | 2 | 3 | 4 |
| Check all that happen: (Remember to circle a number.) | | | | |
| <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 Mom, 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 Mom right away I feel really: -----> | 1 | 2 | 3 | 4 |
| (Check all you feel.) (Remember to circle a number.) | | | | |
| <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 Mom. | 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 Mom I can't stop thinking about what I did or said. | 1 | 2 | 3 | 4 |
| 41. When problems with my Mom come up, I say to myself, "This isn't real." | 1 | 2 | 3 | 4 |
| 42. When something goes wrong with my Mom I end up just lying around or sleeping a lot. | 1 | 2 | 3 | 4 |
| 43. I keep my mind off my problems with Mom 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 mom 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 MOTHER: | 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 Mom.-----> 1 2 3 4 (Remember to circle a number.) 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 | | | | |
| 46. I just freeze when I have problems with my Mom, I can't do anything. | 1 | 2 | 3 | 4 |
| 47. When I'm having a problem with my Mom, 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 Mom 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 Mom, 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 Mom. | 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 Mom 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 Mom, sometimes I can't control what I do or say. | 1 | 2 | 3 | 4 |