

## REPOSSES TO STRESS – PARENT REPORT– [PD] (PR-C)

**Almost everyone has a tough time getting along with his or her family. 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 your child in the past 6 months.**

	Not at All	A Little	Somewhat	Very
a. He/she wishes that I would spend more time with him/her.	1	2	3	4
b. His/her parents say mean things to each other.	1	2	3	4
c. He/she thinks I am too upset, tense, grouchy, angry, and easily frustrated.	1	2	3	4
d. He/she hears his/her parents shouting at each other.	1	2	3	4
e. When he/she asks me for something, he/she is unsure how I will react.	1	2	3	4
f. Sometimes, I make him/her feel responsible for the way I feel.	1	2	3	4
g. He/she thinks that I don't want to do things as a family.	1	2	3	4
h. His/her father and I do not talk to each other.	1	2	3	4
i. He/she thinks that I worry about bad things happening to him/her.	1	2	3	4
j. He/she thinks I don't listen to him/her or pay attention to things happening in his/her life.	1	2	3	4
k. He/she sees me crying a lot or acting sad.	1	2	3	4
l. He/she sees his/her parents get angry with each 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

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 on the list below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** your child does or feels these things when he/she has problems with you like the ones you just checked off. Please let us know about everything he/she does, thinks, and feels, even if you don't think it helps make things better.

<b>WHEN DEALING WITH THE STRESS OF HAVING PROBLEMS TOGETHER:</b>	<b>How much does he/she do this?</b>			
	Not at all	A little	Some	A lot
1. He/she <b>tries</b> not to feel anything.	1	2	3	4
2. When we are having problems, 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 the problem or fix the situation. <b>Write one plan he/she thought of :</b> _____	1	2	3	4
4. When problems between us happen, 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

WHEN DEALING WITH THE STRESS OF HAVING PROBLEMS TOGETHER:	How much does he/she do this?			
	Not at all	A little	Some	A lot
6. He/she <b>keeps remembering</b> what happened between us or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. He/she lets someone or something know how he/she feels. <i>(Remember to circle a number.)</i> ----->	1	2	3	4
<b>Check all he/she talks to:</b>				
<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 problems between us never happened.	1	2	3	4
10. He/she just <b>has</b> to get away from everything when he/she is dealing with the stress of having problems between us	1	2	3	4
11. He/she deals with 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 dealing with the stress of having problems getting along.	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 we are having problems, he/she just <b>can't</b> be near anything that reminds his/her of the situation.	1	2	3	4
15. He/she <b>tries</b> not to think about it, to forget all about it.	1	2	3	4
16. When we are having problems, he/she really doesn't know what he/she feels.	1	2	3	4
17. He/she asks other people for help or for ideas about how to make the problem better. ----->	1	2	3	4
<i>(Remember to circle a number.)</i>				
<b>Check all he/she talks to:</b>				
<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 <b>can't stop</b> thinking about the stressful aspects of having problems between us, or he/she has bad dreams about the problems.	1	2	3	4
19. He/she tells himself/herself that he/she can get through this, or that he/she will do better next time.	1	2	3	4
20. He/she lets his/her feelings out. <i>(Remember to circle a number.)</i> ----->	1	2	3	4
<b>He/she does this by: (Check all that he/she did.)</b>				
<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
<b>Check all that he/she went to:</b>				
<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. <b>He/she just can't</b> get himself/herself to face the stress when we are having problems.	1	2	3	4
23. He/she wishes that someone would just come and take away the stressful aspects of having problems together.	1	2	3	4
24. He/she does something to try to fix the problem or takes action to change things.	1	2	3	4
<b>Write one thing he/she does:</b> _____				

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

<b>WHEN DEALING WITH THE STRESS OF HAVING PROBLEMS TOGETHER:</b>	<b>How much does he/she do this?</b>			
	<b>Not at all</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
25. Thoughts about problems between us just pop into his/her head.	1	2	3	4
26. When we are having problems, he/she feels it in his/her body. <i>(Remember to circle a number.)</i> ----->	1	2	3	4
<b>Check all that happen:</b>				
<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				
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 we are having problems, it's like he/she's 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's <b>feeling</b> .	1	2	3	4
31. When problems between us happen, he/she <b>can't stop</b> thinking about how he/she is feeling.	1	2	3	4
32. He/she gets sympathy, understanding, or support from someone. <i>(Remember to circle a number.)</i> ----->	1	2	3	4
<b>Check all he/she goes to:</b>				
<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 between us happen, he/she <b>can't</b> always control what he/she does. ----->	1	2	3	4
<b>Check all that happen:</b> <span style="float: right;"><i>(Remember to circle a number.)</i></span>				
<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				
34. He/she tells himself/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when we are having problems, 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 we are having problems, right away he/she feels really: ----->	1	2	3	4
<i>(remember to circle a number.)</i> ->				
<b>Check all that he/she feels:</b>				
<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 him/her to concentrate or pay attention when we are having problems.	1	2	3	4
39. He/she thinks about the things he/she's learning from the situation, or something good that will come from it.	1	2	3	4
40. When we are having problems, he/she <b>can't stop</b> thinking about what he/she did or said.	1	2	3	4
41. When problems between us come up, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When we are having problems, he/she ends up just lying around or sleeping a lot.	1	2	3	4

**WHEN DEALING WITH THE STRESS OF HAVING PROBLEMS TOGETHER:**

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

43. He/she keeps his/ her mind off his/her problems with me by: <i>(Remember to circle a number.)</i> ----->	1	2	3	4
<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	
44. When problems between us 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 we are having problems. <i>(remember to circle a number.)</i> →	1	2	3	4
<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	
46. He/she just freezes when he/she has a problem with me, he/she <b>can't</b> do anything.	1	2	3	4
47. When we're having problems getting along, 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 between us happen, he/she can't seem to get around to doing things he/she's 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 we have problems getting along, he/she <b>can't stop</b> thinking about why they happened.	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 we're having a tough time getting along.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When a rough situation between us happens, 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 it never happened.	1	2	3	4
57. When we are having problems, sometimes he/she <b>can't</b> control what he/she does or says.	1	2	3	4