

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

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

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

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

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

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

Explain \_\_\_\_\_

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

WHEN DEALING WITH THE STRESS OF PROBLEMS IN HIS FAMILY:	How much does he do this?			
	Not at all	A little	Some	A lot
1. He <b>tries</b> not to feel anything.	1	2	3	4
2. When he has problems with his family, he feels sick to his stomach or gets headaches.	1	2	3	4
3. He tries to think of different ways to change or fix the situation. <b>Write one plan he thought of:</b> _____ _____	1	2	3	4
4. When problems with his family happen, he doesn't feel any emotions at all, it's like he has no feelings.	1	2	3	4
5. He wishes that he were stronger, smarter, or more popular so that things would be different.	1	2	3	4
6. He <b>keeps remembering</b> what happened with his 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 FAMILY:	How much does he do this?			
	Not at all	A little	Some	A lot
7. He lets someone or something know how he feels. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<b>Check all he talked 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 decided he is okay the way he is, even though he's not perfect.	1	2	3	4
9. When he is around other people he acts like the problems in his family never happened.	1	2	3	4
10. He just <b>has</b> to get away when he has problems with his family, he can't stop himself.	1	2	3	4
11. He deals with the problem by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He gets really jumpy when he is having problems with his family.	1	2	3	4
13. He realizes that he just has to live with things the way they are.	1	2	3	4
14. When he has problems with his family, he just <b>can't</b> be near anything that reminds him of the situation.	1	2	3	4
15. He <b>tries</b> not to think about it, to forget all about it.	1	2	3	4
16. When problems with his family come up he really doesn't know what he feels.	1	2	3	4
17. He asks other people or things for help or for ideas about how to make the problem better. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<b>Check all he talked 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 is having problems with his family, he <b>can't stop</b> thinking about them when he tries to sleep, or he has bad dreams about them.	1	2	3	4
19. He tell himself that he can get through this, or that he'll do better next time.	1	2	3	4
20. He lets his feelings out. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<b>He does this by: (Check all that he did.)</b>				
<input type="checkbox"/> Writing in his 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 gets help from other people or things when he is trying to figure out how to deal with his feelings. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<b>Check all that he 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. He <b>just can't</b> get himself to face the person he is having problems with or the situation.	1	2	3	4
23. He wishes that someone would just come and get him out of the mess.	1	2	3	4

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

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

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

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