

ADOLESCENT SELF ASSESSMENT

Check all that apply.

PROBLEMS WITH CONCENTRATION

- ☐ I have trouble concentrating on one thing at a time.
- ☐ My mind wanders.
- ☐ I forget what I am supposed to be doing.
- ☐ I get distracted easily.
- ☐ I lose my place when I am reading.
- ☐ I am easily distracted by noises.

PROBLEMS WITH RESTLESSNESS

- ☐ I cannot sit still for very long.
- ☐ I am jumpy and jittery.
- ☐ I have to get up and move around during homework.
- ☐ I like to play active sports rather than quiet ones.
- ☐ I am a restless sleeper.
- ☐ I feel restless inside even if I am sitting still.

PROBLEMS WITH SELF CONTROL

- ☐ I say things without thinking.
- ☐ I do things on impulse.
- ☐ I am easily led to trouble.
- ☐ I have trouble following rules.
- ☐ When I want something, I have trouble stopping myself.

PROBLEMS WITH ANGER

- ☐ I have a hot temper.
- ☐ I tend to explode easily.
- ☐ A lot of things irritate me.
- ☐ I throw tantrums.
- ☐ People bug me and get me angry.
- ☐ I have thoughts of hurting others.
- ☐ I have hurt other people.
- ☐ I have destroyed property when I was angry.

PROBLEMS WITH FRIENDS/OTHERS

- ☐ I would like to have more friends.
- ☐ I have trouble keeping friends.
- ☐ I am a lonely person.
- ☐ I don't get along well with the opposite sex.
- ☐ I don't have many friends my age.
- ☐ I have been physically hurt by another person.
- ☐ I have been touched in ways that have made me uncomfortable.

PROBLEMS WITH CONFIDENCE

- ☐ I am not sure of myself.
- ☐ I wish I had more confidence in my abilities.
- ☐ I don't like myself.
- ☐ I have trouble making decisions
- ☐ I don't take credit for my accomplishments.
- ☐ There are a lot of things I dislike about my behavior.
- ☐ I act okay on the outside, but inside I am unsure of myself.
- ☐ I wish I were smarter.

PROBLEMS WITH LEARNING

- ☐ I have trouble with reading and spelling.
- ☐ I have bad handwriting.
- ☐ It takes a lot of effort to get my schoolwork done.
- ☐ I tend to learn more slowly than I would like.
- ☐ I forget things I have learned.
- ☐ I have trouble organizing my schoolwork.
- ☐ I am behind in my schoolwork.

PROBLEMS WITH FEELINGS

- ☐ I get nervous.
- ☐ I am an anxious person.
- ☐ I feel sad and gloomy a lot.
- ☐ The future seems hopeless to me.
- ☐ I feel like killing myself.
- ☐ I am easily upset.
- ☐ A lot of things scare me even if I wouldn't admit it to others.
- ☐ I have nightmares.
- ☐ I have a lot of aches and pains.
- ☐ I worry a lot about little things.
- ☐ I feel like crying.
- ☐ I am discouraged.
- ☐ I am afraid to be alone.
- ☐ I am nervous unless I am with others.
- ☐ I sometimes hurt myself when I feel overwhelmed by my feelings.

PROBLEMS WITH FAMILY

- ☐ My parents expect too much from me.
- ☐ It seems like my parents are always criticizing me.
- ☐ My family doesn't do too many fun things together.
- ☐ I get away with too much at home.
- ☐ My parents don't always get along very well.
- ☐ I am not very close to my family.
- ☐ My parents' discipline is too harsh.
- ☐ My parents are too strict.
- ☐ The rules in our house are not very clear.
- ☐ My parents don't really care about me very much.
- ☐ Nobody is really in charge of things in our house.
- ☐ My parents don't try to keep track of where I am.

- ☐ There is a lot of yelling in our house.
☐ I have run away from home.
☐ I have been physically hurt by a family member.
☐ I have been touched in ways that have made me uncomfortable by a family member.

PROBLEMS WITH DRUGS/ALCOHOL

- ☐ I use drugs or alcohol to help me deal with my feelings.
☐ I have trouble saying "no" to drugs or alcohol.
☐ Using drugs/alcohol have contributed to my problems.
☐ It is okay with me if my friends use drugs or alcohol.

PROBLEMS WITH THINKING

- ☐ I have unusual thoughts
☐ I have problems remembering things that other people remember easily.
☐ I hear voices that other people don't hear.
☐ I see things that other people don't see.
☐ I have fears that I don't understand.
☐ I think one thought over and over.
☐ I feel confused a lot of the time.
☐ I sometimes have to repeat an action over and over.

PROBLEMS WITH THE LEGAL SYSTEM

- ☐ I have legal charges pending against me.
☐ I am on probation.
☐ I have stolen from others.
☐ I have been arrested.

PROBLEMS WITH EATING/NUTRITION

I have had one of the following health problems:

- ☐ Cancer
☐ Cancer treatment
☐ AIDS
☐ Diabetes
☐ Gastro-Intestinal problems
☐ Kidney problems
☐ Liver Disease
☐ Malnutrition
☐ I have had a recent surgery, broken bone or severe burn.
☐ I have recently lost a lot of weight.
☐ I have recently gained a lot of weight.
☐ I feel that I am overweight even though others don't agree.
☐ I try to control my weight by not eating, by throwing up or taking laxatives.
☐ I have eaten very little in the last 7 days or more.
☐ I have problems chewing or swallowing.
☐ I have recently had a lot of diarrhea or vomiting.

OTHER PROBLEMS I HAVE:

MY ASSETS

- ☐ I can do a lot when I put my mind to it.
- ☐ I can sit still when I really want to.
- ☐ My mind is pretty sharp.
- ☐ I have a good head on my shoulders.
- ☐ I have overcome a lot of my problems.
- ☐ People think I am a pretty good person.
- ☐ I am calm and relaxed.
- ☐ I get along well with others.
- ☐ My parents and I get along fine.
- ☐ I tend to look on the bright side of things.
- ☐ I have a lot of self-control when I need it.
- ☐ I can be as cool as I need to .
- ☐ I don't get rattled easily.
- ☐ I can really stick to things when I want to.
- ☐ I make friends easily.
- ☐ School is a place I now feel pretty comfortable with.

OTHER STRONG POINTS I HAVE:

Signature

Date