

NAME: _____

DATE: _____

ID NUMBER: _____

Kids sometimes have different feelings and ideas.

This form lists the feelings and ideas in groups. From each group, pick one sentence that describes you best for the past two weeks. After you pick a sentence from the first group, go on to the next group.

There is no right answer or wrong answer. Just pick the sentence that best describes the way you have been recently.

Fill in the circle next to the sentence that you pick for your answer.

Here is an example of how this form works. Try it. Fill in the circle next to the sentence that describes you best.

Example:

- I read books all the time.
- I read books once in a while.
- I never read books.

...and here is a filled-in circle!

REMEMBER, PICK OUT THE SENTENCES THAT BEST DESCRIBE YOUR FEELINGS AND IDEAS IN THE PAST TWO WEEKS.

1. I AM SAD ONCE IN A WHILE.
 I AM SAD MANY TIMES.
 I AM SAD ALL THE TIME.
2. NOTHING WILL EVER WORK OUT FOR ME.
 I AM NOT SURE IF THINGS WILL WORK OUT FOR ME.
 THINGS WILL WORK OUT FOR ME O.K..
3. I DO MOST THINGS O.K..
 I DO MANY THINGS WRONG.
 I DO EVERYTHING WRONG.
4. I HAVE FUN IN MANY THINGS.
 I HAVE FUN IN SOME THINGS.
 NOTHING IS FUN AT ALL.
5. I AM BAD ALL THE TIME.
 I AM BAD MANY TIMES.
 I AM BAD ONCE IN A WHILE.
6. I THINK ABOUT BAD THINGS HAPPENING TO ME ONCE IN A WHILE.
 I WORRY THAT BAD THINGS WILL HAPPEN TO ME.
 I AM SURE THAT TERRIBLE THINGS WILL HAPPEN TO ME.
7. I HATE MYSELF.
 I DO NOT LIKE MYSELF.
 I LIKE MYSELF.
8. ALL BAD THINGS ARE MY FAULT.
 MANY BAD THINGS ARE MY FAULT.
 BAD THINGS ARE NOT USUALLY MY FAULT.
9. I DO NOT THINK ABOUT KILLING MYSELF.
 I THINK ABOUT KILLING MYSELF BUT I WOULD NOT DO IT.
 I WANT TO KILL MYSELF.
10. I FEEL LIKE CRYING EVERYDAY.
 I FEEL LIKE CRYING MANY DAYS.
 I FEEL LIKE CRYING ONCE IN A WHILE.

REMEMBER, PICK OUT THE SENTENCES THAT BEST DESCRIBE YOUR FEELINGS AND IDEAS IN THE PAST TWO WEEKS.

11. THINGS BOTHER ME ALL THE TIME.
 THINGS BOTHER ME MANY TIMES.
 THINGS BOTHER ME ONCE IN A WHILE.
12. I LIKE BEING WITH PEOPLE.
 I DO NOT LIKE BEING WITH PEOPLE MANY TIMES.
 I DO NOT WANT TO BE WITH PEOPLE AT ALL.
13. I CANNOT MAKE UP MY MIND ABOUT THINGS.
 IT IS HARD TO MAKE UP MY MIND ABOUT THINGS.
 I MAKE UP MY MIND ABOUT THINGS EASILY.
14. I LOOK O.K..
 THERE ARE SOME BAD THINGS ABOUT MY LOOKS.
 I LOOK UGLY.
15. I HAVE TO PUSH MYSELF ALL THE TIME TO DO MY SCHOOLWORK.
 I HAVE TO PUSH MYSELF MANY TIMES TO DO MY SCHOOLWORK.
 DOING SCHOOLWORK IS NOT A BIG PROBLEM.
16. I HAVE TROUBLE SLEEPING EVERY NIGHT.
 I HAVE TROUBLE SLEEPING MANY NIGHTS.
 I SLEEP PRETTY WELL.
17. I AM TIRED ONCE IN A WHILE.
 I AM TIRED MANY DAYS.
 I AM TIRED ALL THE TIME.
18. MOST DAYS I DO NOT FEEL LIKE EATING.
 MANY DAYS I DO NOT FEEL LIKE EATING.
 I EAT PRETTY WELL.
19. I DO NOT WORRY ABOUT ACHES AND PAINS.
 I WORRY ABOUT ACHES AND PAINS MANY TIMES.
 I WORRY ABOUT ACHES AND PAINS ALL THE TIME.
20. I DO NOT FEEL ALONE.
 I FEEL ALONE MANY TIMES.
 I FEEL ALONE ALL THE TIME.

REMEMBER, PICK OUT THE SENTENCES THAT BEST DESCRIBE YOUR FEELINGS AND IDEAS IN THE PAST TWO WEEKS.

21. I NEVER HAVE FUN AT SCHOOL.
 I HAVE FUN AT SCHOOL ONLY ONCE IN A WHILE.
 I HAVE FUN AT SCHOOL MANY TIMES.
22. I HAVE PLENTY OF FRIENDS.
 I HAVE SOME FRIENDS BUT I WISH I HAD MORE.
 I DO NOT HAVE ANY FRIENDS.
23. MY SCHOOL WORK IS ALRIGHT.
 MY SCHOOL WORK IS NOT AS GOOD AS BEFORE.
 I DO VERY BADLY IN SUBJECTS I USED TO BE GOOD IN.
24. I CAN NEVER BE AS GOOD AS OTHER KIDS.
 I CAN BE AS GOOD AS OTHER KIDS IF I WANT TO.
 I AM JUST AS GOOD AS OTHER KIDS.
25. NOBODY REALLY LOVES ME.
 I AM NOT SURE IF ANYBODY LOVES ME.
 I AM SURE THAT SOMEBODY LOVES ME.
26. I USUALLY DO WHAT I AM TOLD.
 I DO NOT DO WHAT I AM TOLD MANY TIMES.
 I NEVER DO WHAT I AM TOLD.
27. I GET ALONG WITH PEOPLE.
 I GET INTO FIGHTS MANY TIMES.
 I GET INTO FIGHTS ALL THE TIME.

SUM: _____

ADMINISTRATION: 0 INDIVIDUAL
(Circle one) 1 GROUP

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