

Self-Concept

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and fill the circle underneath the one word (Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
I work hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel strong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People want to be with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am just as good as the other kids.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel normal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a good person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do things well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can do things without help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel smart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy to be me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People think I'm good at things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am kind to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like a nice person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a good thinker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at telling jokes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at remembering things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell the truth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel proud of the things I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Anxiety

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and fill the circle underneath the one word (Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
I worry someone might hurt me at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dreams scare me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry when I am at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think about scary things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry people might tease me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am afraid that I will make mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am afraid I might get hurt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry I might get bad grades.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My hands shake.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry I might go crazy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry people might get mad at me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry I might lose control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have problems sleeping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My heart pounds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get shaky.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am afraid that something bad might happen to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am afraid that I might get sick.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Depression

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and fill the circle underneath the one word (Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
I think that my life is bad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I am a bad person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I were dead.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble sleeping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel no one loves me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think bad things happen because of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel lonely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My stomach hurts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like bad things happen to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I am stupid.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel sorry for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I do things badly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel bad about what I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hate myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to be alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like crying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel empty inside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my life will be bad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Anger

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and fill the circle underneath the one word (Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
I think people try to cheat me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like screaming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think people are unfair to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think people try to hurt me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my life is unfair.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People bully me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People make me mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think people bother.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get mad at other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I get mad, I stay mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I get mad, I have trouble getting over it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think people try to control me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel people try to put me down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel mean.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like exploding.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think people are against me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I get mad, I feel mad inside my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hate people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Disruptive Behavior

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and fill the circle underneath the one word (Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
I steal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people get me into trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think about running away from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do mean things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break into cars, houses, or other places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I fight with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like getting people mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I skip school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hate listening to other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I argue with adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hurt people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like being mean to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break the rules.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like it when people are scared of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to hurt animals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to bully others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell lies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to trick people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break things when I am mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I swear at adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>