

Please don't raise your hand but just answer the questions honestly to yourself.

Have you ever had your feelings hurt by friends and been in a bad mood as a result?

Have you ever been stressed out by a test and your stress got in the way of you doing well?

Do you have any adults in your life that pester you and want you do things that you don't want to do?

Have you ever bullied someone and thought afterwards, why did I do that?

Have you ever done something you wish you hadn't?

Have you ever been in a situation where a friend is asking you to do something and you don't want to say yes but you feel pressured to say yes?

Is being good at sports or playing an instrument important to you?

Have you ever experienced noise that distracted you from being able to do what you want to do?

Have you ever been in class and instead of listening to the teacher your mind won't stop wandering?

Have you ever been talking with someone and instead of listening to him or her you are preparing what you want to say next?

Have you ever said something to someone that you wish you hadn't said?

Do you lie in bed unable to sleep at night? Have you ever been hurt by something someone wrote on social media?

Do you compare yourself to others?

Do you check facebook, twitter, texts and other social media all the time even when you don't really want to?

Is procrastination a problem for you?

Do you take time or have time to unwind/cool out?

Do you lose stuff a lot?

Do you do things that make you really happy?

Do you talk to yourself in a negative way?

Do you find yourself making bad decisions?

Next week we will start a program that will help you address some of these issues