



Name: _____

Due Date _____

Stress Survey

Mark each question as either TRUE or FALSE

Section 1: School

- _____ 1. My grades are pretty good.
- _____ 2. I earned credit for all my classes last semester.
- _____ 3. Usually, I turn in assignments on or before the due date.
- _____ 4. I am rarely or never late to my classes.
- _____ 5. I like most of the subjects I am currently enrolled in.
- _____ 6. I have not cut class this year.
- _____ 7. I feel comfortable asking questions if I don't understand something.
- _____ 8. I know who I can go to for extra academic help if I need it.
- _____ 9. I have a favorite subject.
- _____ 10. There is at least one teacher who cares about me as a person.
- _____ 11. I trust the school's administration to make the right decisions.

Section 2: Friends

- _____ 12. I have friends I can count on.
- _____ 13. I have a best friend.
- _____ 14. Sometimes my friends initiate a phone call or text conversation, and sometimes I initiate it.
- _____ 15. My friends don't talk about me behind my back.
- _____ 16. My friends don't use drugs, alcohol, or smoke.
- _____ 17. My friends would help me if I got into trouble.
- _____ 18. My friends and I lend each other things (clothes, phones, etc.)
- _____ 19. My friends don't put me down.
- _____ 20. When I'm wrong, my friends correct me in a respectful and caring way.
- _____ 21. When I get into an argument or fight with one of my friends, it usually takes less than an day to resolve our differences.
- _____ 22. My friends always invite me when they have activities (like going to the movies or a birthday party).



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Section 3: Home

- ____ 23. I fight with my parents a lot.
- ____ 24. My parents place importance on a lot of things I don't agree with.
- ____ 25. My parents dislike my friends or choice of significant other.
- ____ 26. I don't get along with my sibling(s).
- ____ 27. My parents treat other children in my family better than they treat me.
- ____ 28. I have too many responsibilities at home.
- ____ 29. My parents fight a lot.
- ____ 30. My parents recently got a divorce.
- ____ 31. I live with a step-parent.
- ____ 32. Someone in my family is seriously ill.
- ____ 33. Someone who I was close to in my family died recently.

Section 1: True: _____	False: _____
Section 2: True: _____	False: _____
Section 3: False: _____	True: _____
Totals: _____	_____