



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: \_\_\_\_\_

\_\_\_\_\_