

Cycle Breaker Screening Sheet

A quick tool to help identify youth who may be trying to break intergenerational cycles of dysfunction.

Instructions:

This is not a diagnostic tool, but a conversation starter and observational aid. Use this sheet to reflect on or engage with youth who may be showing signs of cycle-breaking potential.

Cycle Breaker Indicators – Check any that apply:

- Expresses desire to be different from their family or upbringing
- Shows insight into past trauma or unhealthy family dynamics
- Attempts to set personal or relational boundaries
- Seeks out mentorship, counseling, or positive peer relationships
- Demonstrates emotional maturity or empathy beyond their age
- Articulates long-term goals that differ from their environment
- Uses language of self-reflection (e.g., 'I don't want to be like...' or 'That's not who I want to be')
- Has experienced significant adversity but shows signs of motivation or grit

Optional Reflection or Conversation Prompts:

- What's something you want to do differently from your family?
- Who do you turn to when you need support?
- When did you realize you wanted something more or different?
- What's one step you've taken to break the cycle?

Notes & Observations:
