

Quiz - Does my child/teen have Avoidant Personality?

Before you start this quiz, please read all the information here carefully. You will also need to read and check that you have read our disclaimer before you can begin.

There is a good reason why professionals are so careful when trying to diagnose mental health conditions for anyone under the age of 18. The human brain is still in the developmental stage well past a person turning 20.

This means that things like shyness, the blues, rebellion, anger, and other symptoms could just be a part of the growth process. If these traits are part of growing up, they will probably go away as your child gets older.

However, you need to keep a careful eye on any symptoms. They could be signs of a mental health issue that is growing and will only get worse.

Mental health issues are one of the biggest threats to our society today. It seems that almost every day we are hearing about a teen, and in some cases even a child, either harming themselves or others, including terrible crimes like a mass shooting.

As parents, we need to keep a close eye on our children. If your child is shy, timid, or has trouble paying attention in class, these things might just be something they will grow out of. But, if these things continue year after year and don't get any better, you might need to seek professional advice.

We have developed a quiz that we hope and pray will help you recognize potential issues in your child. If you are concerned about the progression of symptoms in your child, we strongly recommend that you come back and take this quiz again as often as you feel you need to.

In order to answer these questions, you need to know your child. You need to be involved in their life. You need to know what they do in school, what classes they are taking, and who their friends are. If they are old enough to have a job, you need to know who they are working with and what they do.

If this is not the case, we hope and pray that you will take the time to get to know your child. This is one of the main reasons that we decided to develop this quiz.

The main thing that we can do for our children to prevent this mental health epidemic is to get to know them and correct behaviors before they become mental health conditions. Children need to

know that you care about them. They will know this by the boundaries and rules that you set, and the discipline that you give them.

Your child is counting on you!

At this time, we do not have classes for children or teens. We are working to develop these.

Quiz

- My child/teen keeps to themselves
 - ***Explainer text to show*** - *Children need fresh air, stimulation, and interaction with other children to develop properly.*
 - ***Options*** - *Always, Sometime, Never*
 - ***Points*** - *2,1,0*
- My child/teen is sexually active
 - ***Explainer text to show*** - *Sex should be reserved for marriage. Any interruption to God's plan has consequences. This can include acting up, rebellion, and anger.*
 - ***Options*** - *Always, Sometime, Never*
 - ***Points*** - *2,1,0*
- My child/teen has had an abortion
 - ***Explainer text to show*** - *Except for reasons of the baby's or mother's health, abortion is wrong and will cause issues like anger, guilt, and resentment.*
 - ***Options*** - *Always, Sometime, Never*
 - ***Points*** - *2,1,0*
- My child/teen has no after-school or after-work activities that they do
 - ***Explainer text to show*** - *Children and teens need to keep active with activities. Group activities teach cooperation, and other important social skills.*
 - ***Options*** - *Always, Sometime, Never*
 - ***Points*** - *2,1,0*
- My child/teen spends a lot of time on social media
 - ***Explainer text to show*** - *Every child is different, but in most cases, children should not be on social media until they reach at least 16. Social media is a breeding ground for bullying and other anti-social behavior.*
 - ***Options*** - *Always, Sometime, Never*
 - ***Points*** - *2,1,0*
- My child/teen gets bullied, or is made fun of
 - ***Explainer text to show*** - *The old saying is "sticks and stones will break my bones, but words will not hurt me". This is wrong. Words are very powerful. Death and Life are in the power of the tongue - Proverbs 18:21.*

- **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen is obsessed with dressing all in black, or has lots of body jewelry
 - **Explainer text to show** - Often these things are a sign of something going on inside. Anger, depression, and rebellion are usually coupled with a poor body image.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen draws disturbing images of death or mutilation of people or animals
 - **Explainer text to show** - These are more advanced signs that something is going wrong in your child/teens life. We suggest seeking professional help right away.
 - **Options** - Always, Sometime, Never
 - **Points** - 5,3,0
- My child/teen says things on social media about hurting themselves, or others
 - **Explainer text to show** - This is another common sign of something troubling going on inside your child or teen. We suggest seeking professional help right away.
 - **Options** - Always, Sometime, Never
 - **Points** - 5,3,0
- My child/teen says things on social media, or re-tweets others' posts, about not trusting the government and other authorities
 - **Explainer text to show** - God's word tells us that all authority is set up by him. This can be difficult in cases of a bad government, but in all cases, they deserve respect.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen says things on social media, or re-tweets others' posts, that are violent in nature
 - **Explainer text to show** - Violence is an external manifestation of something that has gone wrong on the inside. This needs to be addressed immediately.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen says things on social media, or re-tweets what others have posted, that is racially offensive
 - **Explainer text to show** - When anger takes root, it takes on many forms. One of its many faces is racism.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen listens to music with angry or violent lyrics

- **Explainer text to show** - *Many songs, especially rap, are filled with violent lyrics. Children and teens are very susceptible to suggestions. They may take what they are hearing to heart and may act them out.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen watches a lot of TV
 - **Explainer text to show** - *Excessive TV watching comes at the expense of developing real relationships and could well show up later in life as social dysfunction.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen watches violent TV, movies, and shows
 - **Explainer text to show** - *A steady diet of violence breeds violent behavior.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen is involved in the occult
 - **Explainer text to show** - *There is a very good reason why God tells us to stay away from the occult. It puts out the welcome mat for evil spirits.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen gets angry a lot
 - **Explainer text to show** - *Anger is a normal emotion. It's normal to get angry when we don't get what we want. It's what your child or teen does with this emotion that will make the difference between a normal response and something that needs attention.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen has NO friends
 - **Explainer text to show** - *Your child/teen needs friendships to develop social skills. It's normal to go through short periods of shyness. However, if this continues for any length of time, it needs to be carefully watched.*
 - **Options** - *None at all, Some, Many*
 - **Points** - *2,1,0*
- My child/teen disobeys me and others in authority
 - **Explainer text to show** - *It is normal for your child to not like their teacher, or someone else in authority. What is not normal is downright disobedience and hatred.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - *2,1,0*
- My child/teen does not handle criticism well

- **Explainer text to show** - Children/teens often don't like being told what to do. They need correction to learn what your expectations are.
- **Options** - Always, Sometime, Never
- **Points** - 2,1,0
- My child/teen is afraid of people
 - **Explainer text to show** - Fear of people can show up in all sorts of forms, including shyness and anger. These symptoms should be carefully monitored.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen hates authority figures
 - **Explainer text to show** - Hatred of authority figures can be a sign of issues that need to be addressed. "Everyone must submit himself to the governing authorities, for there is no authority except that which God has established." Romans 13:1.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen feels like no one likes them
 - **Explainer text to show** - Feeling like no one likes them is usually a sign of low self-esteem, but it could also be a sign of bullying or not fitting in.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen feels like everyone rejects them
 - **Explainer text to show** - Your child/teen might feel like they are misunderstood. Talking with them will help.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen does not want to go outside
 - **Explainer text to show** - Children and teens need to be outside to get fresh air and exercise. If they don't want to do this, you need to find out why.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen has anxiety attacks
 - **Explainer text to show** - anxiety attacks are typically caused by fear. These should be taken seriously. This may not be something they can just get over.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen gets depressed, or sad, a lot
 - **Explainer text to show** - Sadness can be normal, but can easily turn into depression, which should never be ignored.
 - **Options** - Always, Sometime, Never

- **Points** - 2,1,0
- My child/teen avoids going out with friends, family, or other social situations
 - **Explainer text to show** - *Children and teens need to be around others their age to develop social skills. You should encourage them to go out with friends, but forcing them to do this could be just as damaging.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My teen is unable to hold a job, or sits at home all the time
 - **Explainer text to show** - *If your child sits at home, try to encourage them to get out and play. This is behavior that can be adjusted. If your teen can't hold a job, there is an underlying reason that needs to be talked about.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My child/teen plays a lot of video games
 - **Explainer text to show** - *Everything in moderation. Some playing of video games is fine, but there are potential issues to look out for. Overly violent games. Role-playing games that require the user to immerse themselves in a role. Games that are occult in nature. Spending way too much time playing them and avoiding real life*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My child/teen says they want to hurt themselves or others
 - **Explainer text to show** - *These should be watched carefully. I would set up parental controls so you can monitor what your child is posting.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My child/teen feels that everyone is out to get them
 - **Explainer text to show** - *Does your child/teen think that everyone, including you, is talking badly about them and plotting against them?*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My child/teen worries a lot
 - **Explainer text to show** - *Does your child/teen seem to worry about everything? While some worry about a test or a project in class is normal, they should not worry to the point that this consumes them.*
 - **Options** - *Always, Sometime, Never*
 - **Points** - 2,1,0
- My child/teen has less fun than they used to

- **Explainer text to show** - Children and teens need to be having fun. This is an important step in their development. If they no longer have fun, this would be a sign of a problem that is brewing under the surface.
- **Options** - Always, Sometime, Never
- **Points** - 2,1,0
- My child/teen has recently increased or decreased in appetite/weight?
 - **Explainer text to show** - Increases or decreases in appetite/weight can be a sign of depression
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen seems to be fidgety, unable to sit still
 - **Explainer text to show** - This could be as simple and normal as being anxious or worried about a birthday, or an upcoming trip. It could also be a sign of hyperactivity or another issue that needs to be addressed.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen is easily distracted
 - **Explainer text to show** - The solution to this could be as simple as getting them to take their mind off the activity for a while. Chronic inability to focus is likely a sign of an underlying issue.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen has trouble concentrating
 - **Explainer text to show** - The solution to this could be as simple as getting them to take their mind off the activity for a while. Chronic inability to focus is likely a sign of an underlying issue.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen fights with other children
 - **Explainer text to show** - Children/teens can get into fights. The issue is the severity of the fight, why it broke out, and the frequency. This should be monitored closely.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen always blames others
 - **Explainer text to show** - Children and teens often don't like taking responsibility for their actions. This can often be resolved by talking to them and explaining why their actions were not correct. It's usually a sign of a lack of self-confidence.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0

- My child/teen refuses to share
 - **Explainer text to show** - Children and teens need to learn to share, but this is often a hard thing to learn, especially if the child/teen is an only child.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- My child/teen takes things that don't belong to them
 - **Explainer text to show** - If your child/teen is stealing, this needs to be carefully monitored. You need to explain to them why this is wrong. If this behavior continues and becomes chronic, it could lead to a progression of taking bigger and bigger items.
 - **Options** - Always, Sometime, Never
 - **Points** - 2,1,0
- Do you spend time with your child?
 - **Explainer text to show** - Children and teens need love. You show them that you love them by spending time with them. Even if they complain about this, they thank you on the inside. This needs to start when they are very young and continue throughout their lives.
 - **Options** - Always, Sometime, Never
 - **Points** - 0,1,3
- Do you know what your child does, who their friends are, and are you involved in their lives?
 - **Explainer text to show** - Children and teens feel security by your actions, not just your words. While they may complain about it, they need rules, boundaries, and discipline.
 - **Options** - I know everything about this life, I know a little about their life, I have no idea about their life
 - **Points** - 0,1,3
- My child/teen has friends that are bad influences on them, are rebellious or violent
 - **Explainer text to show** - A child/teen will become like who they are around. Example: If you smoke, there is a strong possibility that your child will become a smoker. If you curse, it's almost guaranteed that your children are going to curse. If your child or teen hangs around friends that are involved in bad behaviors, they will also act out these bad behaviors.
 - **Options** - A lot, A few, None
 - **Points** - 3,2,0
- My child/teen has friends that are wild and rebellious
 - **Explainer text to show** - A child/teen will become like who they are around. Example: If you smoke, there is a strong possibility that your child will become a smoker. If you curse, it's almost guaranteed that your children are going to curse.

If your child or teen hangs around friends that are involved in bad behaviors, they will also act out these bad behaviors.

- **Options** - A lot, A few, None
- **Points** - 3,2,0
- Do you set rules or boundaries for your child?
 - **Explainer text to show** - *Children and teens need to feel your love. They feel this by your actions. If you **do not** love your kids, you won't be involved in their lives, you won't discipline them, and you won't set up rules and boundaries. You show your kids you love them by doing these things.*
 - **Options** - A lot, Some, None at all
 - **Points** - 0,3,5
- My child/teen has chores around the house they are required to do
 - **Explainer text to show** - *A child/teen needs chores they must do around your home. This will help them develop a good work ethic.*
 - **Options** - A lot, Some, None at all
 - **Points** - 0,3,5