

My Life Questionnaire

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Amy Luzar, LISW-S Teen Questionnaire

PERSONAL QUESTIONNAIRE

Your Name: _____ Age: _____
School: _____ Grade: _____

Do you want your answers to be kept strictly confidential? (Other than reports of physical or sexual abuse, which the law requires be reported, any answers you give will be kept completely confidential, unless you authorize otherwise.)

Please check one: yes _____ no _____ don't care _____

Your Family

Circle all the words and phrases that describe your **family**:

divorced disorganized a lot of arguing smart depressed well-off critical competitive superior loving achieving loud private re-married close regimented crazy successful loyal concerned open poor attacking funny secretive don't communicate happy boring fun cold nurturing mean-spirited democratic arguing superficial supportive silent not caring responsible

Any other words or phrases describe your family?

Circle all the words and phrases that apply to your **parents**:

Your Father:

kind away lenient depressed controlling has problems consistent listens drinks too much has strong ideals mean likes his work detached bully sympathetic caring gentle logical successful serious responsible inconsistent doesn't listen hypocritical supportive too strict hates his work aggressive competent sarcastic uninvolved strict angry happy funny ill powerful self-centered confusing encouraging too lenient lectures critical self-disciplined understanding validating invalidating

Any other words or phrases describe your father?

Your Mother:

kind caring away gentle lenient logical depressed successful uninvolved strict angry happy controlling has problems consistent listens drinks too much has strong ideals mean likes her work detached

bully sympathetic serious responsible inconsistent doesn't listen hypocritical supportive too strict
hates her work aggressive competent sarcastic funny
ill powerful self-centered confusing encouraging too lenient lectures
critical self-disciplined understanding validating invalidating
Any other words or phrases describe your mother?

Information About Yourself

Do you have a job? _____ Where? _____
What are your main interests and activities?

Circle all the words and phrases that you think apply to you. Cross out all the words and phrases that are completely unlike you.

confident always in trouble friendly smart popular wild lonely angry street smart sensitive good
looking argue a lot intellectual motivated kind
funny nervous musical philosophical cool emotional pretty
happy rebellious athletic sentimental creative confused artistic
quiet mechanical intense disorganized independent different serious sad uncool practical
handsome unhappy dumb strong relaxed depressed deep disciplined lazy average loyal
responsible bored carefree in love worried complicated ugly obedient nerdy goal oriented tense
Any other words or phrases that describe you?

School

Is there a subject (or subjects) you do best in?

Is there a subject (or subjects) you have trouble with?

What teacher do you like best?

Why? _____

What teacher do you like least?

Why? _____

Circle all the words and phrases that describe you, your attitudes, and your involvement in school.

not in school disappointed motivated not trying angry smart
easy goal oriented interesting rewarding

Worries and Concerns:

bored

under pressure organized

can't concentrate enjoy learning could care less responsible waste of time important
fun

satisfied average disorganized goof-off clueless below average hopeless

up and down painful unimportant

Any other worries or concerns?

Please write how worried or concerned you are at the present time about each item in the following list:

You can use the following descriptors: Occasionally, sometimes, quite a lot, constantly

grades:

friends:

sports:

my family:

my parents:

being a failure:

sexual matters:

boyfriend:

girlfriend:

being normal:

disappointing people:

alcohol use:

looks:

weight:

intelligence:

temper:

looking or sounding stupid:

drug use:

fights and arguments:

masturbation:

being picked on:

private thoughts:

feelings:

health:

being different:

the future:

suicide:

the past:

enemies:

pregnancy:

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a brother or sister:

Anything else you are worried or concerned about?

Statements:

Following are some statements that were made by people about your own age. Circle the number that tells how much you agree or disagree with each statement.

1 - strongly agree

2 - somewhat agree

3 - neither agree nor disagree

4 - somewhat disagree

5 - strongly disagree

"My friends are my real family."

"Most teachers don't really care about kids."

"I'm pretty confident that I'll succeed in life."

"My teachers and parents think I'm smarter than I really am."

"Doing well in school matters a lot to me."

"I could get by on my own, without my parents."

"I sometimes wish I were back in childhood."

"My anger sometimes gets so out of control it scares me."

"I have good self discipline in my schoolwork."

"Life sucks."

"Classes in school feel like they last forever."

"Most of the adults I know lead boring lives."

"Sometimes I think I would be better off dead."

"I'm pretty sure that my problems will take care of themselves."

"When teachers explain things, I have trouble following what they're trying to say."

"The idea of turning 18 scares me."

"I enjoy learning"

"My mind has trouble concentrating lately."

"When I don't understand something in school, I usually just ignore it."

"I read a lot."

"I enjoy a discussion of intelligent ideas."

"In school, I rarely participate in class."

"When I don't do my homework, it bothers me."

"When I start to do my homework, I get distracted easily and have trouble concentrating."

"It take me longer to get schoolwork done than most students."

"It takes me a long time to get to sleep at night." "My sexual interests might be considered unusual."

Things You've Done-

Please use the following descriptors to indicate how often you do this or have done this:

not at all

once or twice every so often pretty often

all the time

Argue with adults-

Daydream-

Write poetry (or songs)-

Drink alcohol-

Pray-

Practice Mindfulness-

Exercise, Do Yoga-

Cry-

Injure myself-

Do something my parents

wouldn't allow-

Cut class-

Smoke, Eat or Vape marijuana-

Steal -

Help a stranger-

Get in a physical fight-

Think about sex-

Have sex-

Do something dangerous-

Use other drugs-

Have homosexual thoughts or feelings -

Talked to an adult about a problem I'm having-

Kept a diary or journal-

Been mean to someone on purpose -

Wrecked someone's property just for the hell of it-

Sneak out at night -

Take my parent's car without permission -

Force myself to throw up-

Restrict Food-

Use Diet Pills or Laxatives-

Shoplifted-

Have nightmares-

Been a victim of physical abuse-

Been a victim of sexual abuse-

Is there anything else that you would like me to know about you and your life?

