Feelings and Experiences Questionnaire

Below are some personal feelings and experiences that many young people sometimes have. After you answer these questions we can compare your answers to those of other people your age.

1. Do you feel bored much of the time?
   _____ Yes
   _____ No

2. Do you feel you lack self-confidence?
   _____ Yes
   _____ No

3. Do you feel you are too shy?
   _____ Yes
   _____ No

4. Do you feel hopeless about the future?
   _____ Yes
   _____ No

5. How much conflict is there in your family?
   _____ No conflict
   _____ A little conflict
   _____ A fair amount of conflict
   _____ A lot of conflict

6. Are you satisfied with your social life?
   _____ Yes
   _____ No
You Are Not Alone!
Compare your answers to others your age.

Surveys show that other youth have many of the same concerns and feelings you have. Your answers to each question are circled in yellow. How do you compare to others your age?

Feeling Bored Most of the Time
- Yes (67%)
- No (33%)

Lacking Self-Confidence
- Yes (61%)
- No (39%)

Feeling Very Shy
- Yes (48%)
- No (52%)

Feeling Hopeless About My Future
- Yes (31%)
- No (69%)

Satisfied With My Social Life
- Yes (56%)
- No (44%)

Experiencing Conflicts in My Family
- Fair Amount (31%)
- Much (24%)
- None (9%)
- Little (36%)