

Name: _____ Date: _____

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

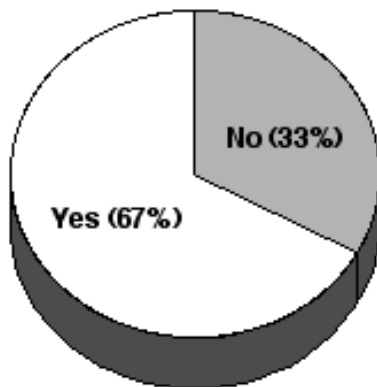
6. Are you satisfied with your social life?
 Yes
 No

You Are Not Alone!

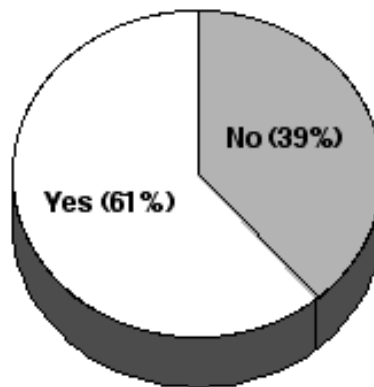
Compare your answers to others your age.

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?

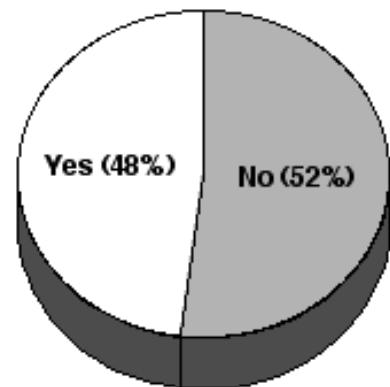
Feeling Bored Most of the Time



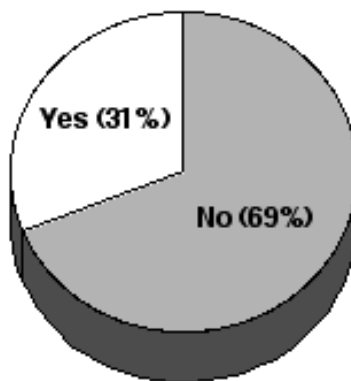
Lacking Self-Confidence



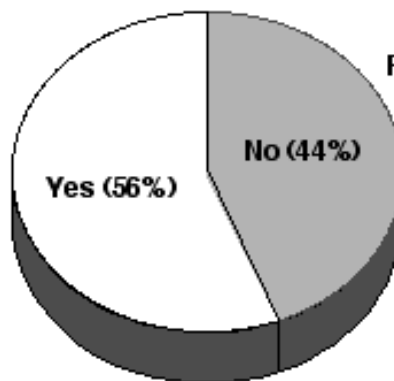
Feeling Very Shy



Feeling Hopeless About My Future



Satisfied With My Social Life



Experiencing Conflicts in My Family

