

- Personal
- Problems
- Checklist™
- for Adolescents
-

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Name _____ Age _____

Male _____ Female _____ Date _____

DIRECTIONS

On the following pages you will find a list of problems which people commonly face. This list surveys dating, school, attitudes, and other areas of everyday life.

Read the list carefully and make a check (✓) next to each problem that you are now having. Circle those problems which you feel are the worst or cause you the most trouble at this time. Remember that there are no correct or incorrect answers. Do your best to answer each item on the list as honestly as you can.

EXAMPLE

- 8 being shy
- 9 _____ not having close friends
- 10 being taken advantage of by friends

If you are having problems which are not listed on the following pages, please write them on the bottom of the last page. Your answers will only be discussed with your doctor or counselor.

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Check all problems which trouble you. Circle the most important.

SOC/FR/20

- | | |
|--|---|
| 1 _____ not getting along with other people | 11 _____ not having anyone to share interests with |
| 2 _____ being criticized by others | 12 _____ feeling lonely |
| 3 _____ not fitting in with peers | 13 _____ feeling unpopular |
| 4 _____ feeling uncomfortable in social settings | 14 _____ feeling uncomfortable when talking to people |
| 5 _____ having a bad reputation | 15 _____ feeling inferior |
| 6 _____ feeling immature | 16 _____ feeling like people are against me |
| 7 _____ being suspicious of others | 17 _____ being embarrassed by family background |
| 8 _____ being shy | 18 _____ being let down by friends |
| 9 _____ not having close friends | 19 _____ feeling different from everyone else |
| 10 _____ being taken advantage of by friends | 20 _____ feeling pressured to do the wrong thing |

APP/14

- | | |
|--|---|
| 21 _____ being overweight | 28 _____ feeling clumsy and awkward |
| 22 _____ being too short or too tall | 29 _____ not being clean and well-groomed |
| 23 _____ having a physical handicap | 30 _____ not having the right clothes |
| 24 _____ being too thin | 31 _____ having an unattractive face |
| 25 _____ looking too young or too old | 32 _____ having scars |
| 26 _____ being noticed for physical appearance | 33 _____ having facial blemishes |
| 27 _____ looking too plain | 34 _____ not being well-developed |

ATT/OPIN/12

- | | |
|--|--|
| 35 _____ having a poor attitude about everything | 41 _____ not understanding the attitudes of others |
| 36 _____ not having any interest in things | 42 _____ having a poor attitude toward religion |
| 37 _____ having a recent change in attitude | 43 _____ having a poor attitude toward school |
| 38 _____ not listening to the opinions of others | 44 _____ having a poor attitude toward work |
| 39 _____ having no opinions about anything | 45 _____ having a poor attitude toward family |
| 40 _____ having different opinions than others | 46 _____ having a poor attitude toward self |

PAR/22

- | | |
|--|--|
| 47 _____ father or mother being sick | 58 _____ parents interfering with decisions |
| 48 _____ father or mother having emotional problems | 59 _____ parents expecting too much |
| 49 _____ father or mother having problem with drugs | 60 _____ parents disapproving of boyfriend/girlfriend |
| 50 _____ father or mother having problem with alcohol | 61 _____ parents disapproving of friends |
| 51 _____ parents fighting or arguing | 62 _____ parents disapproving of job |
| 52 _____ parents being separated or getting a divorce | 63 _____ parents disapproving of clothes or appearance |
| 53 _____ parents being divorced | 64 _____ parents disapproving of dating |
| 54 _____ having problems with stepfather or stepmother | 65 _____ parents disapproving of music |
| 55 _____ parents never being home | 66 _____ parents disapproving of activities |
| 56 _____ not being able to talk to parents | 67 _____ parents favoring brothers or sisters |
| 57 _____ parents being too strict | 68 _____ being ignored by parents |

FAM/HOM/24

- | | |
|--|---|
| 69 _____ brother or sister being sick | 81 _____ having to do household chores |
| 70 _____ brother or sister having emotional problems | 82 _____ not feeling close to family |
| 71 _____ brother or sister having problem with drugs | 83 _____ family not having enough money |
| 72 _____ brother or sister having problem with alcohol | 84 _____ not getting along with neighbors |
| 73 _____ being physically abused at home | 85 _____ not wanting to live at home |
| 74 _____ being sexually abused at home | 86 _____ home being dirty or run-down |
| 75 _____ arguing with brother or sister | 87 _____ family having a bad reputation |
| 76 _____ brother or sister stealing | 88 _____ living in a bad neighborhood |
| 77 _____ being bothered by brother or sister | 89 _____ not being allowed to drive |
| 78 _____ family fighting or arguing | 90 _____ not being allowed to use the car |
| 79 _____ having problems with relatives | 91 _____ not being allowed to buy a car |
| 80 _____ not having any privacy | 92 _____ wanting to run away from home |

Check all problems which trouble you. Circle the most important.

SCH/22

- | | |
|--|---|
| 93 _____ getting bad grades | 104 _____ not understanding class material |
| 94 _____ not getting along with teachers | 105 _____ not getting along with other students |
| 95 _____ deciding on the right course of studies | 106 _____ feeling out of place in school |
| 96 _____ not having good study habits | 107 _____ not being interested in school |
| 97 _____ not having a good place to study | 108 _____ having a language problem in school |
| 98 _____ taking the wrong courses | 109 _____ being in the wrong school |
| 99 _____ not being interested in clubs or teams | 110 _____ teachers not being interested in students |
| 100 _____ not qualifying for clubs or teams | 111 _____ being bored in school |
| 101 _____ not having close friends at school | 112 _____ getting in trouble in school |
| 102 _____ school being too large | 113 _____ school being too far from home |
| 103 _____ missing school because of illness | 114 _____ worrying about future job or college |

MON/12

- | | |
|--------------------------------------|--|
| 115 _____ budgeting money | 121 _____ depending on others for money |
| 116 _____ not making enough money | 122 _____ lending money to friends or family |
| 117 _____ not having a steady income | 123 _____ having to give money to parents |
| 118 _____ having to spend savings | 124 _____ not having enough money to date |
| 119 _____ owing money | 125 _____ not having gas money |
| 120 _____ wasting money | 126 _____ not having money for clothes |

REL/14

- | | |
|--|--|
| 127 _____ feeling guilty about religion | 134 _____ not being able to get to church |
| 128 _____ not having any religious beliefs | 135 _____ chores interfering with church activities |
| 129 _____ arguing with parents about religious beliefs | 136 _____ job interfering with church activities |
| 130 _____ being confused about religious beliefs | 137 _____ being upset by religious beliefs of others |
| 131 _____ failing in religious beliefs | 138 _____ worrying about being accepted by God |
| 132 _____ boyfriend/girlfriend having a different religion | 139 _____ being rejected by church members |
| 133 _____ arguing with girlfriend/boyfriend about religion | 140 _____ not having friends at church |

EMOT/24

- | | |
|--|---|
| 141 _____ feeling anxious or uptight | 153 _____ being afraid of hurting self |
| 142 _____ being afraid of things | 154 _____ feeling things are unreal |
| 143 _____ having the same thoughts over and over again | 155 _____ crying without good reason |
| 144 _____ being tired and having no energy | 156 _____ worrying about having a nervous breakdown |
| 145 _____ feeling depressed or sad | 157 _____ not being able to stop worrying |
| 146 _____ having trouble concentrating | 158 _____ not being able to relax |
| 147 _____ not remembering things | 159 _____ being unhappy all the time |
| 148 _____ getting too emotional | 160 _____ not having any enjoyment in life |
| 149 _____ feeling guilty | 161 _____ being influenced by others |
| 150 _____ worrying about diseases or illness | 162 _____ behaving in strange ways |
| 151 _____ having nightmares | 163 _____ feeling out of control |
| 152 _____ thinking too much about death | 164 _____ being afraid of hurting someone else |

DAT/SEX/18

- | | |
|--|---|
| 165 _____ being uncomfortable with opposite sex | 174 _____ not knowing enough about sex |
| 166 _____ not being able to get a date | 175 _____ worrying about sex |
| 167 _____ having problems with boyfriend/girlfriend | 176 _____ thinking about sex too often |
| 168 _____ wanting to break up with boyfriend/girlfriend | 177 _____ worrying about being gay |
| 169 _____ losing boyfriend/girlfriend | 178 _____ being troubled by sexual attitudes of friends |
| 170 _____ arguing with boyfriend/girlfriend | 179 _____ being troubled by unusual sexual behavior |
| 171 _____ not having someone to talk to about dating and sex | 180 _____ being sexually underdeveloped |
| 172 _____ worrying about getting pregnant | 181 _____ boyfriend/girlfriend wanting to get married |
| 173 _____ being pregnant/girlfriend being pregnant | 182 _____ feeling used or being pushed into having sex |

Continue on next page ►

Check all problems which trouble you. Circle the most important.

HEA/HAB/20

- | | |
|---|---|
| 183 _____ not having any appetite | 193 _____ having poor sleeping habits |
| 184 _____ eating in binges | 194 _____ having a physical problem |
| 185 _____ frequently throwing up | 195 _____ having a long term illness |
| 186 _____ eating too much | 196 _____ often being sick |
| 187 _____ having poor eating habits | 197 _____ having to take medicine |
| 188 _____ using alcohol | 198 _____ being unhappy with doctors |
| 189 _____ using drugs | 199 _____ watching too much television |
| 190 _____ smoking cigarettes or chewing tobacco | 200 _____ not having any hobbies |
| 191 _____ not getting enough exercise | 201 _____ not having time to relax |
| 192 _____ not being able to sleep | 202 _____ not having time for interests and hobbies |

JOB/20

- | | |
|---|--|
| 203 _____ not having a job | 213 _____ friends having better jobs |
| 204 _____ job not paying enough | 214 _____ working in unsafe conditions |
| 205 _____ disliking type of job | 215 _____ lacking supervision on the job |
| 206 _____ job being dirty | 216 _____ boss being critical or unfair |
| 207 _____ not liking fellow workers | 217 _____ having arguments on the job |
| 208 _____ being disliked by fellow workers | 218 _____ working too many hours |
| 209 _____ being afraid of failing on the job | 219 _____ job creating health problems |
| 210 _____ being afraid of being fired or laid off | 220 _____ job having no future |
| 211 _____ not wanting to work | 221 _____ being bored with job |
| 212 _____ lacking transportation to work | 222 _____ lacking experience needed to get a job |

CRIS/18

- | | |
|--|---|
| 223 _____ friend or family member committing suicide | 232 _____ friend or family member hurting self |
| 224 _____ friend or family member having serious illness | 233 _____ friend or family member losing job |
| 225 _____ friend or family member getting a divorce | 234 _____ friend or family member being emotionally upset |
| 226 _____ friend or family member dying | 235 _____ being robbed |
| 227 _____ pet dying | 236 _____ brother or sister running away from home |
| 228 _____ losing something valuable | 237 _____ mother or father losing job |
| 229 _____ mother or father having legal problems | 238 _____ being in trouble with the police/law |
| 230 _____ being physically hurt or abused | 239 _____ having thoughts of suicide |
| 231 _____ losing temper and hurting someone | 240 _____ planning to hurt someone else |

List any other problems you might have.

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