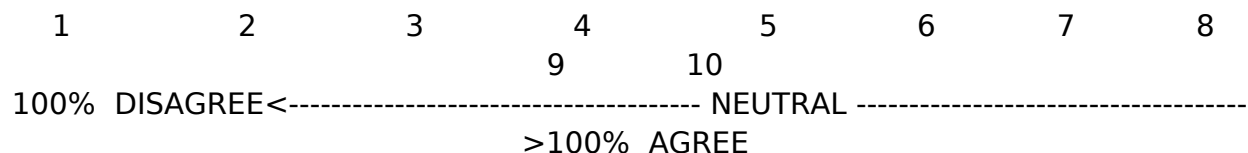


Life Situation Survey

The following questions are for you to rate the satisfaction you presently feel in different areas of your life. This will give me a better understanding of your needs and things you might want to work on.

Each question is given as a statement. You will rate how much you agree or disagree with the statement on a scale from 1 to 10.

- ⇒ **1 = TOTALLY DISAGREE**, meaning you DISAGREE 100% with the statement *about yourself, in your present life.*
- ⇒ **10 = TOTALLY AGREE**, meaning you AGREE 100% with that statement *about yourself, in your present life.*
- ⇒ **Numbers in-between 1 to 10** indicate that you **somewhat** or **partially** agree or disagree.
- ⇒ The **number 5** means you are **neutral** about the statement, you don't agree **OR** disagree.



Circle the number that best describes how much you agree with each statement.

- | | Disagree | |
|--|-----------------|------------------|
| | Agree | |
| 1. I am satisfied with my relationship with my parent(s): | 1 2 3 4 5 6 | 7 8 9 10 |
| 2. I have difficulty controlling my anger: | 1 2 3 4 5 6 | 7 8 9 10 |
| 3. I like who I am: | 1 2 3 4 5 6 7 8 | 9 10 |
| 4. I usually make good decisions for myself: | 1 2 3 4 5 6 | 7 8 9 10 |
| 5. The way I live my life is in agreement with my true values: | 1 2 3 4 | 5 6 7 8 9 10 |
| 6. I feel happy: | 1 2 3 4 5 6 7 8 | 9 10 |
| 7. I feel alone in my life: | 1 2 | 3 4 5 6 7 8 9 10 |
| 8. I feel like I am in control of myself: | 1 2 3 4 5 6 | 7 8 9 10 |

9. I worry a lot: 1 2 3 4 5 6 7 8
9 10
10. My family understands me and knows who I really am: 1 2 3 4 5 6
7 8 9 10
11. I have good friends who I like spending time with: 1 2 3 4
5 6 7 8 9 10
12. I am fearful about the future: 1 2 3 4 5 6 7 8
9 10
13. I am confident that I can achieve my goals: 1 2 3 4
5 6 7 8 9 10
14. I feel lost in my life: 1 2 3 4 5 6
7 8 9 10
15. I know what I want for myself in the future: 1 2 3 4
5 6 7 8 9 10
16. Sometimes I feel like hurting other people: 1 2 3 4
5 6 7 8 9 10
17. I have regrets about my past: 1 2 3 4 5 6
7 8 9 10
18. Sometimes I imagine how I could get revenge on others: 1 2 3 4 5 6
7 8 9 10
19. I want to change my life but don't know how: 1 2 3
4 5 6 7 8 9 10
20. I have difficulty controlling my emotions: 1 2 3 4 5 6
7 8 9 10
21. I worry about what using drugs has done to me: 1 2 3 4 5 6
7 8 9 10
22. I have someone in my life who I can talk to about my problems: 1 2 3 4
5 6 7 8 9 10
23. My friends care about my goals and try to help me achieve them: 1 2 3 4
5 6 7 8 9 10
24. Sometimes I do things just to get approval from others: 1 2 3 4
5 6 7 8 9 10
25. I feel guilty about some things: 1 2 3 4 5 6
7 8 9 10
26. I think people are always plotting against me: 1 2 3 4 5 6
7 8 9 10

Disagree
Agree

27. I feel angry most of the time: 1 2 3 4 5 6 7 8
9 10
28. I think I am a good person: 1 2 3 4 5 6
7 8 9 10
29. I think I sometimes drink or use drugs too much: 1 2 3 4 5 6
7 8 9 10
30. I am intelligent: 1 2 3 4 5 6 7 8
9 10
31. I usually hide my true feelings from others: 1 2 3 4
5 6 7 8 9 10
32. There have been times when I wished I could end my life: 1 2 3 4
5 6 7 8 9 10
33. People have betrayed me or let me down in my life: 1 2 3 4
5 6 7 8 9 10
34. I wish I could make things right with my family: 1 2 3 4 5 6
7 8 9 10
35. Sometimes I feel sad or hopeless: 1 2 3 4 5 6
7 8 9 10
36. I blame myself for my troubles: 1 2 3 4 5 6
7 8 9 10
37. I don't think I need any help in my life: 1 2 3 4 5 6
7 8 9 10
38. I'm confident in my ability to succeed in the world as an adult: 1 2 3 4
5 6 7 8 9 10
39. I wish I could move away and start fresh a new life: 1 2 3 4
5 6 7 8 9 10
40. I still struggle with things that happened to me in the past: 1 2 3 4
5 6 7 8 9 10
41. I need help in some ways, but don't feel comfortable asking for it: 1 2 3 4
5 6 7 8 9 10
42. I worry about what others think of me: 1 2 3 4 5 6
7 8 9 10
43. I feel bad if I'm not using drugs: 1 2 3 4 5 6
7 8 9 10
44. I have done things that I'm ashamed of and can't forgive myself for: 1 2 3 4
5 6 7 8 9 10
45. I hate this questionnaire: 1 2 3 4 5 6
7 8 9 10

One thing we will be working on is setting some personal goals for yourself. Listed below are some possible areas for growth that you might want to work on. Please check the ones that interest you most:

- I want to get off of probation and stop getting into trouble with the law.
- I want to improve my grades and be a better student.
- I want to go to college.
- I want to discover more strengths, talents, or interests.
- I want to feel more confident.
- I want to stop or cut-down my drinking, smoking, or using drugs.
- I want to learn more self control.
- I want to learn to have better control of my anger.
- I want to learn to make better choices for myself.
- I want to learn to think more about the consequences of my actions before I do things.
- I want to care less about what other people think of me.
- I want to improve my relationships with my parent(s) or other family members.
- I want to learn not to get so upset when things don't go my way.
- I want to worry less.
- I want to get in physical shape.
- I want to better understand my sexuality.
- I want to learn to forgive myself.
- I want to sleep better at night.
- I want to learn to have better relationships with the opposite sex.
- I want to find more or better friends.
- I want to make a fresh start and live a better life.
- I want to feel better.
- Other (list as many as you like):
