

- **Personal**
- **Problems**
- **Checklist**
- **for Adolescents**

John A, Schinka, Ph.D.

Name \_\_\_\_\_ Age \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Date \_\_\_\_\_

### DIRECTIONS

On the following pages you will find a list of problems which parents commonly face in raising a child. This list surveys emotions, habits, school, attitudes, and other areas of your child's life.

Read the list carefully and make a check next to each problem that you are now having. Circle those problems 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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**SOC/FR/20**

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- |   |  |
|---|--|
| 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      |
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**APP/14**

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|---|--|
| 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**

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- |   |   |
|---|---|
| 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 towards religion   |
| 37. ___ having a recent change in attitude      | 43. ___ having a poor attitude towards school     |
| 38. ___ not listening to the opinions of others | 44. ___ having a poor attitude towards work       |
| 39. ___ having no opinions about anything       | 45. ___ having a poor attitude towards family     |
| 40. ___ having different opinions than others   | 46. ___ having a poor attitude toward self        |
- 

**PAR/22**

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|--|---|
| 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 divorce   | 63. ___ parents disapproving of clothes or appearance |
| 53. ___ parents being divorced                       | 64. ___ parents disapproving of dating                |
| 54. ___ having problems with stepfather/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                      |
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**FAM/HOM/24**

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|---|--|
| 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    |
- 

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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 good study habits            | 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                                    | 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  |

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**HEA/HAB/20**

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|---|---|
| 183. ___not having 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 |
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**JOB/20**

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|---|--|
| 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 |
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**CRIS/18**

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|--|---|
| 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.