

STRONGGirls

A Creative Wellness Program

Date _____ Session _____

Your Name _____

For each question, circle the answer that fits best.**ABOUT ME**

1. I think I will complete all 18 sessions of the StrongGirls program.
 Absolutely Good chance Maybe I doubt it No way
2. I think StrongGirls will be good for me.
 Absolutely Good chance Maybe I doubt it No way

WITHIN THE PAST THREE MONTHS:

3. I think through things before I do them.
 All of the time Most of the time Sometimes Hardly ever Never
4. I do things that I later wish I hadn't done.
 All of the time Most of the time Sometimes Hardly ever Never
5. I think it is important to try to talk things out.
 All of the time Most of the time Sometimes Hardly ever Never
6. My overall decision making is:
 Great Good OK Mostly bad Horrible
7. When I get really mad, I yell, curse or hit my family members or destroy property at home.
 All of the time Most of the time Sometimes Hardly ever Never
8. I share household responsibilities.
 All of the time Most of the time Sometimes Hardly ever Never
9. My overall behavior at home is:
 Great Good OK Mostly bad Horrible
10. My attitude is mostly:
 Great Good OK Mostly bad Horrible
11. I am respectful towards others:
 All of the time Most of the time Sometimes Hardly ever Never
12. I am cooperative:
 All of the time Most of the time Sometimes Hardly ever Never
13. I am proud of the way others see me:
 All of the time Most of the time Sometimes Hardly ever Never

14. I am hopeful about the future:
All of the time Most of the time Sometimes Hardly ever Never

WITHIN THE LAST SCHOOL YEAR:

15. Do you attend school? Yes No
If not, why? Expelled Dropped out Home school got her GED

16. I got into a fight at school _____ times.
0 1-2 3-4 5-6 7-8 9-10 more than 10

17. I got into trouble for talking or acting up at school _____ times.
0 1-2 3-4 5-6 7-8 9-10 more than 10

18. My grades at school are mostly:
As Bs Cs Ds Fs Not in school

19. My overall behavior at school is:
Great Good OK Mostly bad Horrible

Complete the sentences giving as much detail as you can.

20. The main cause of my problem is:

21. Three things I am doing or plan to do to improve the way I am living my life are:
