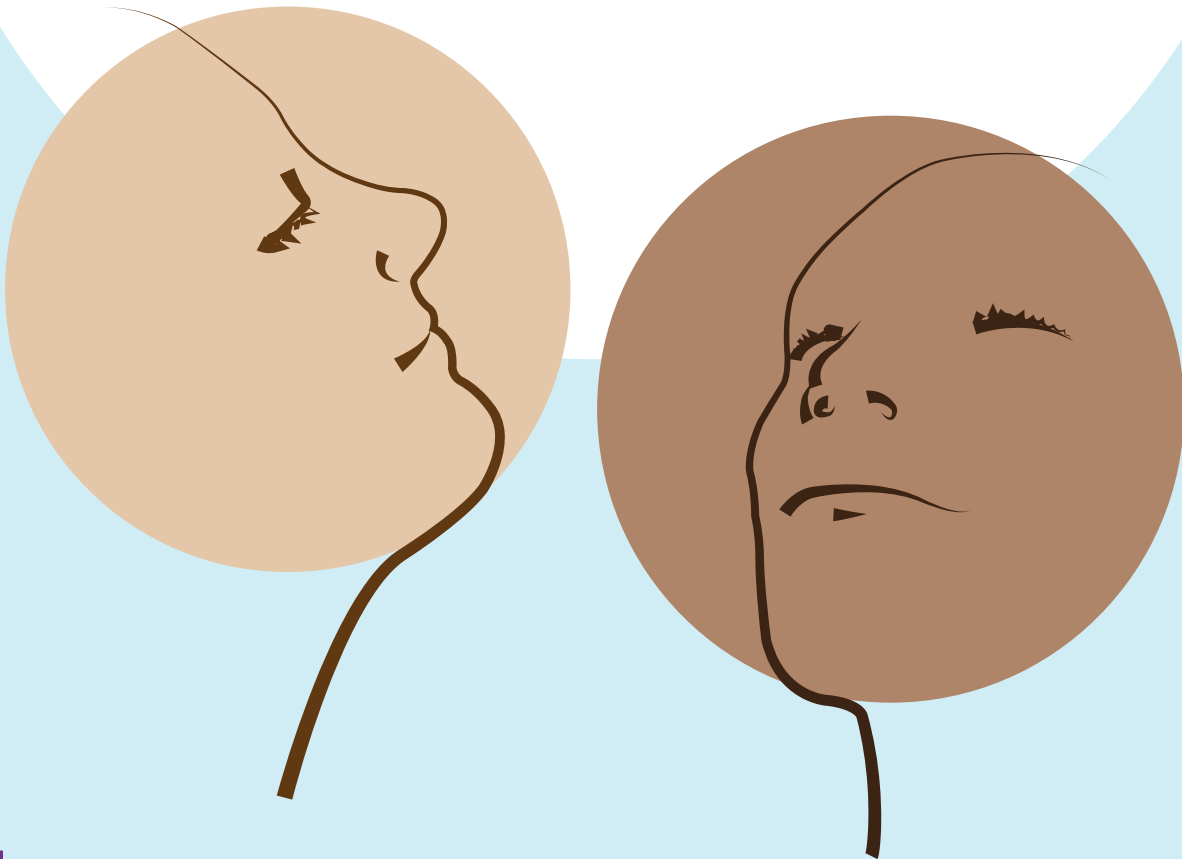




UNDERSTANDING MY STRONG MIND



“Understanding my Strong Mind”

Everyone has lots of feelings.

It’s important for you, your family, your friends, and your coaches to know how you are feeling so that they can help you.

This tool will help you and the important people in your life to know what you are like when you are feeling okay.

You should fill out this tool when you are feeling okay.

It should take less than 15 minutes to fill out.

You can ask your friends, family, and coaches for help with filling it out.

If you are not feeling okay now, that is alright.

You can ask someone close to you, like a family member or close friend to help you.

Adapted from:



COMMUNICATION

1. How often do you like to talk to other people?

All the time

More than a little, but not all the time

Just a little

Not at all

Or, write your own answer here: _____

2. Do you ask a lot of questions?

Yes

Sometimes

No

Or, write your own answer here: _____

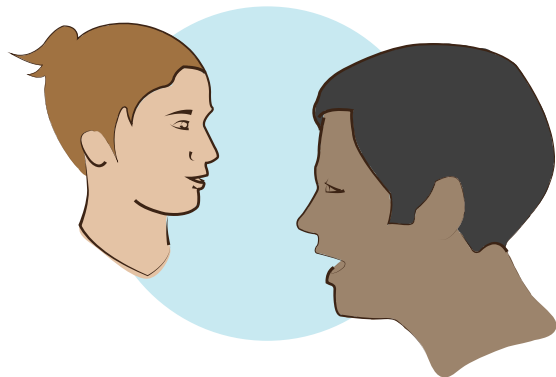
3. How do you feel about talking to new people?

No problem

It's a little hard for me

I don't like it

Or, write your own answer here: _____



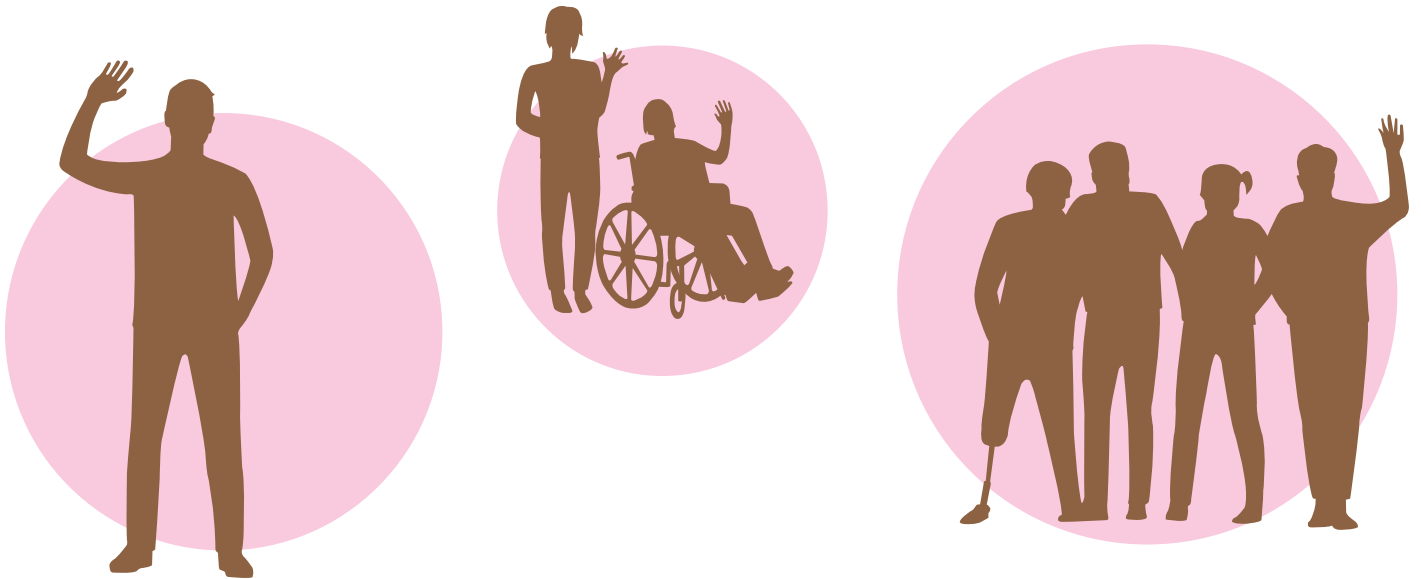
MY RELATIONSHIPS

5. How much time do you like to spend with friends and family?

I like to be by myself I like to spend a little time with my friends and family

I like to spend a lot of time with my friends and family

Or, write your own answer here: _____



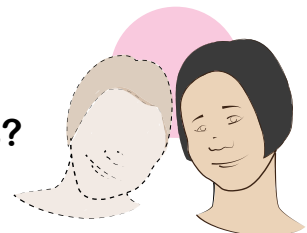
6. Do you talk to yourself?

Yes No

Or, write your own answer here: _____

7. Do you have any imaginary friends?

Yes No



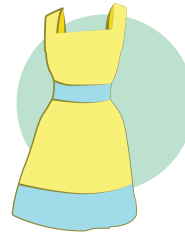
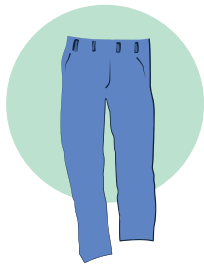
Or, write your own answer here: _____

LOOKING AFTER MYSELF

8. How often do people need to remind you to change your clothes?

Never Sometimes Always

Or, write your own answer here: _____



9. When you have something scheduled, like hanging out with your friends or a doctor's appointment, you are:

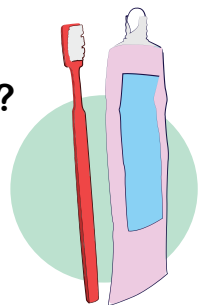
Usually early Usually on time Usually late

Or, write your own answer here: _____

10. How often do people have to remind you to brush your teeth?

Never Sometimes Always

Or, write your own answer here: _____



11. How often do people need to tell you when to shower or take a bath?

Never Sometimes Always



Or, write your own answer here: _____

HOW I FEEL

12. You get headaches:

Never Sometimes Always

Or, write your own answer here: _____

13. You get stomachaches:

Never Sometimes Always

Or, write your own answer here: _____



THE BEST PARTS ABOUT ME

13. Write about the best parts about you.



NOTES

