LET'S LOOK AT INTERPERSONAL RELATIONSHIPS

For each question, consider how you would respond in each of the four different settings. Place a check in the box when you have considered that situation.

	At Home	At School	In The Community	On The Job
Conflict				
1. When a problem comes up, what do you usually do?				
2. What is the best thing to do when a problem comes up?				
3. When a problem comes up, what do you fear the most?				
4. What are ways to cope with being afraid that work for you?				
5. Who would be a good person (or place) to go to for more help when you are afraid?				
6. How do you handle the stress of problems?				
7. How is this working for you?				
8. When a problem comes up, do you feel sad, upset, or angry?				
9. What do you do when you feel sad?				
10. What do you do when you feel angry?				
11. What problems are you having now?				
12. How are you handling these problems?				
13. Do you know someone that you trust who would be a good person to go to when a problem comes up?				
Friends				
14. Who are your friends or people you like a lot?				
15. How did you go about making these friends?				
16. Do you get along well with your friends or people you like?				
17. What do you like the most about these people?				
18. What do you think they like most about you?				
Resolution				
19. What would you like to change about your social situation or interpersonal relationships?				
20. Do you think these areas can change?				
21. Do you know how to change these areas?				
22. How motivated are you to change these areas by making changes yourself?				
23. Who can you ask or where can you go for help?				