

# Troubled Teen Questionnaire

Many times as parents, we wonder whether or not our teenager is in need of help. The following document is a list that we have put together in order to give you an idea of the seriousness of your teenager's at-risk behaviors.

Does your troubled teen exhibit any of the following behaviors?

**Check all that apply.**

1. Does your troubled teen fail to complete tasks that require effort regardless of the future importance of the task?  
(e.g. school work)  
Yes  No
2. Does your troubled teen attempt to negotiate and/or manipulate in order to avoid consequences and problems?  
Yes  No
3. Does your troubled teen justify negative behaviors by blaming others?  
Yes  No
4. Is your troubled teen unwilling to recognize the impact of his/her behavior on family and friends?  
Yes  No
5. Does your troubled teen use manipulation and deception in order to change others' points of view?  
Yes  No
6. Does your troubled teen have weekly outbursts or mood swings?  
Yes  No
7. Does your troubled teen avoid participating in family activities and social events?  
Yes  No
8. Does your troubled teen become impatient or easily agitated with others?  
Yes  No
9. Does your teen have an intense fear of gaining weight or becoming fat?  
Yes  No
10. Has there been a recent drop in your teen's performance at school?  
Yes  No
11. Is it difficult for your teen to relate with others or make friends?  
Yes  No
12. Does your teen frequently fail to finish schoolwork, projects or chores?  
Yes  No
13. Does your teen fail to follow through with responsibilities or instructions?  
Yes  No
14. Is your teen forgetful or often viewed as lazy?  
Yes  No
15. Does your teen argue with adults and authority figures?  
Yes  No

16. Is your teen failing one or more courses in school?

Yes  No

17. Has your teen undergone therapy and/or counseling without results?

Yes  No

18. Does your teen do dangerous things without considering the consequences, "a daredevil?"

Yes  No

19. Has your teen been physically abusive to animals?

Yes  No

20. Is your teen extremely self-conscious?

Yes  No

21. Does your teen appear depressed, sad, tearful or irritable nearly every day?

Yes  No

22. Has your teen run away from home? (More than twice)

Yes  No

23. Is your teen sexually active?

Yes  No

24. Does your teen engage in self-injurious behaviors and/or threaten to inflict self-harm?

Yes  No

25. Does your teen use illegal drugs and/or alcohol?

Yes  No