Stress Checklist

The stress checklist is a list of events and situations that are known to cause stress for young people. Many of these are sources of distress (bad stress). Some are positive things that are still a source of stress.

**Directions**: Check off all the items that have happened to you in the last six months.

1. \_\_\_\_\_ A parent died.

2. \_\_\_\_\_ Your parents get separated.

3. \_\_\_\_\_ You abused alcohol or drugs.

4. \_\_\_\_\_ You went to a summer camp.

5. \_\_\_\_\_ A friend or relative attempted to commit suicide.

6. \_\_\_\_\_ Someone you love died of natural causes.

7. \_\_\_\_\_ You became pregnant.

8. \_\_\_\_\_ You had difficulty with school work.

9. \_\_\_\_\_ Something violent occurred at your school.

10. \_\_\_\_\_ You moved to a new city.

11. \_\_\_\_\_ You started at a new school.

12. \_\_\_\_\_ You were assigned a new teacher.

13. \_\_\_\_\_ A family member became ill or injured.

14. \_\_\_\_\_ Your mother went to work full-time.

15. \_\_\_\_\_ You fought with your brother or sister.

16. \_\_\_\_\_ Your pet died or was lost.

17. \_\_\_\_\_ Your sleeping habits changed.

18. \_\_\_\_\_ Violence happened in your neighborhood.

19. \_\_\_\_\_ Your TV watching increased.

20. \_\_\_\_\_ The family celebrated a birthday or holiday.

21. \_\_\_\_\_ Parents got divorced.

22. \_\_\_\_\_ A friend or relative committed suicide.

23. \_\_\_\_\_ You broke up with a boyfriend/girlfriend.

24. \_\_\_\_\_ You won an award.

25. \_\_\_\_\_ Your family went on vacation.

26. \_\_\_\_\_ A family member abused drugs or alcohol.

27. \_\_\_\_\_ You suffered a major illness or injury.

28. \_\_\_\_\_ You got a new job.

29. \_\_\_\_\_ You learned that your girlfriend is pregnant.

30. \_\_\_\_\_ You had difficulty with your friends.

31. \_\_\_\_\_ A new baby sister or brother arrived.

32. \_\_\_\_\_ A parent was fired or lost a job.

33. \_\_\_\_\_ You applied to college.

34. \_\_\_\_\_ Your family had money problems.

35. \_\_\_\_\_ You started a new sport or activity.

36. \_\_\_\_\_ Family members moved away.

37. \_\_\_\_\_ Your home was burned or robbed.