

**DO YOU NEED HELP?**

**4**  
**Extremely High**

**3**  
**High**

**2**  
**Low**

**1**  
**Never**

Question: As you consider all the responsibilities you have and the demands that being a parent places upon you, please rate the level of stress you feel as a parent right now.

**4      3      2      1**

Question: When is the last time your teen shared a story with you about something that happened to them during their day?

<b>In the last 48 hours.</b>	<b>1</b>
<b>In the last week.</b>	<b>2</b>
<b>I can't remember.</b>	<b>3</b>
<b>Never.</b>	<b>4</b>

Question: It is getting very uncomfortable to be at home with my teenager because of the arguing.

**4      3      2      1**

Question: My teenager does not have set rules, such as a curfew, so it is hard to control them..

**4      3      2      1**

Question: My child often stalks off, sullen, and won't communicate with me at all.

**4      3      2      1**

Question: My child has an awful temper which is very hard for me to control.

**4      3      2      1**

Question: I have a lot of trouble understanding how to make my teen feel better.

**4      3      2      1**

(Privacy statement: This survey does not collect any personally identifiable information about you. Your answers will be completely anonymous. We will never send you e-mail without your permission.)

Please score your own 7 answers and total the amount here.

\*\* If you scored higher than 20, it might be a good time to talk with someone about managing the stress associated with parenting a teen, both for your benefit and for your child. Talking to someone may yield some new strategies, build more parental confidence, and create more harmony in the family.