

# Functional Emotional Fitness™ Checklist - Ages 9-17

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Today's Date \_\_\_\_\_

Please write a score of 1-10 after each question

NEVER | ALMOST NEVER | ONCE IN A WHILE | A LOT OF THE TIME | ALL THE TIME  
 1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

## Emotional Checklist

|   |  |
|---|--|
| 1) I worry about my family, friends, self, events, future, Etc.                             |  |
| 2) I am hard on myself (self-critical) and blame myself for everything.                     |  |
| 3) I feel resentful or angry.   |  |
| 4) I find it hard to get a good night sleep.  |  |
| 5) I feel sad or down in the dumps and I feel my future looks hopeless.                     |  |
| 6) I feel inadequate (less important) or inferior to others and I cannot do anything right. |  |
| 7) I have lost interest in school, my hobbies, family or friends.                           |  |
| 8) I feel overwhelmed and have to push myself hard to do things.                            |  |
| 9) I have lost my appetite, or I eat too much and eat too often.                            |  |
| 10) I have trouble making up my mind.   |  |
| 11) I feel hatred toward others, anything, or myself.                                       |  |
| 12) I have thoughts that life is not worth living.  |  |
| <b>Total</b>  |  |

## Behavior Control Checklist

|  |  |
|--|--|
| 1) I understand of how thought, emotion and behavior work. |  |
| 2) I know how to restructure my thoughts and thinking.     |  |
| 3) I know how to maintain the emotional state of love.     |  |
| 4) I am confident I can achieve my objectives.             |  |
| 5) I understand how to stay motivated and focused.         |  |
| <b>Total</b>   |  |

## Relationship Satisfaction Scale

|  |  |
|--|--|
| 1) My family understands what I am trying to tell them.                    |  |
| 2) I understand what my family tells me.                                   |  |
| 3) My teacher understands what I am trying to tell them.                   |  |
| 4) I understand what my teacher tells me.                                  |  |
| 5) I am good at resolving (fixing) conflicts, disagreements and arguments. |  |
| <b>Total</b>   |  |