

Challenge Inventory

Below is a list of challenges that you might face now or in the future. It isn't meant to make you worry about bad things that could happen. Instead, it's to help you reflect on some areas of difficulty you might encounter.

Read the following situations and choose the number 1, 2, 3, or 4, corresponding to how concerned you are (or think you would be) about each. You can skip any situations that don't apply to you or your school. Use the following scale:

- 1 = This has not been a problem for me.
- 2 = This has been a small problem for me.
- 3 = This has been a medium-sized problem for me.
- 4 = This has been a large problem for me.

After filling out the inventory, take a closer look at anything you marked with a 3 or a 4. These scenarios might be trigger situations that cause you stress, anxiety, or difficult feelings. In our EQ lessons, you'll learn strategies to help you deal with these challenges if they arise.

School and Schoolwork

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| 1. Not being able to find your way around school | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 2. Forgetting your locker combination | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 3. Being treated too much like a little kid | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 4. Having a school farther away from home than your previous school | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 5. Having a tough teacher | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 6. Challenges with buying new school supplies | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 7. Having harder work than in past years | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 8. Nervousness about eating in a larger cafeteria than at your previous school | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 9. Having an argument with a teacher | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 10. Being sent to the office | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 11. Forgetting to bring the right books or other materials to class | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 12. Getting too much homework | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 13. Wishing you were not in special classes | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| 14. Getting things stolen from you | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |



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| 15. Not getting along with all your teachers | 1○ 2○ 3○ 4○ |
| 16. Teachers expecting too much of you | 1○ 2○ 3○ 4○ |
| 17. Difficulty getting to class on time | 1○ 2○ 3○ 4○ |
| 18. Coming to class without the work that is due | 1○ 2○ 3○ 4○ |
| 19. Trouble paying attention during class | 1○ 2○ 3○ 4○ |
| 20. Difficulty following directions in class | 1○ 2○ 3○ 4○ |
| 21. Nervousness or reluctance about participating in class activities | 1○ 2○ 3○ 4○ |
| 22. Challenges with working cooperatively in small groups | 1○ 2○ 3○ 4○ |
| 23. Challenges with working independently | 1○ 2○ 3○ 4○ |
| 24. Difficulty using study time or class time efficiently | 1○ 2○ 3○ 4○ |
| 25. Trouble preparing written work carefully | 1○ 2○ 3○ 4○ |
| 26. Difficulty completing classwork on time | 1○ 2○ 3○ 4○ |
| 27. Trouble writing down assignments fully or accurately | 1○ 2○ 3○ 4○ |
| 28. Challenges with completing homework on time | 1○ 2○ 3○ 4○ |
| 29. Difficulty making up absentee work | 1○ 2○ 3○ 4○ |
| 30. Uncertainty or nervousness about seeking extra help when you need it | 1○ 2○ 3○ 4○ |

Peers, Family, and Self

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| 31. Being teased or bullied by older kids | 1○ 2○ 3○ 4○ |
| 32. Being teased or bullied by peers your own age | 1○ 2○ 3○ 4○ |
| 33. Being bullied or harassed online (cyberbullying) | 1○ 2○ 3○ 4○ |
| 34. Nervousness or discomfort about changing in the locker room for gym class or sports practice | 1○ 2○ 3○ 4○ |
| 35. Having trouble making new friends | 1○ 2○ 3○ 4○ |
| 36. Missing friends from your old school | 1○ 2○ 3○ 4○ |
| 37. Being left out of a popular group | 1○ 2○ 3○ 4○ |
| 38. Nervousness about approaching kids you don't know | 1○ 2○ 3○ 4○ |
| 39. Nervousness about joining new groups and clubs | 1○ 2○ 3○ 4○ |



40. Facing pressure from kids to do something you don't want to do 1○ 2○ 3○ 4○
41. Getting into fights 1○ 2○ 3○ 4○
42. Pressure or temptation to drink alcohol 1○ 2○ 3○ 4○
43. Pressure or temptation to use drugs 1○ 2○ 3○ 4○
44. Pressure or temptation to smoke cigarettes 1○ 2○ 3○ 4○
45. Worries or pressures about dating 1○ 2○ 3○ 4○
46. Violating limits set by parents 1○ 2○ 3○ 4○
47. Having friends over without permission 1○ 2○ 3○ 4○
48. Experiencing fights or rivalry with your siblings 1○ 2○ 3○ 4○
49. Not getting along with your parents 1○ 2○ 3○ 4○
50. Feeling stressed during dinnertime at home 1○ 2○ 3○ 4○
51. Spending too much time with video games or computer games 1○ 2○ 3○ 4○
52. Spending too much time on your phone 1○ 2○ 3○ 4○
53. Viewing things online that you feel uncomfortable, nervous, or guilty about 1○ 2○ 3○ 4○
54. Spending a lot of time alone in your room 1○ 2○ 3○ 4○
55. Not knowing where you fit in with your peer group 1○ 2○ 3○ 4○
56. Having the pressure of a part-time job 1○ 2○ 3○ 4○
57. Uncertainty or anxiety about the future 1○ 2○ 3○ 4○
58. Feeling down or depressed 1○ 2○ 3○ 4○
59. Feeling afraid 1○ 2○ 3○ 4○
60. Feeling anxious 1○ 2○ 3○ 4○
61. Feeling suicidal 1○ 2○ 3○ 4○
62. Feeling the temptation to self-harm through cutting or other behaviors or acting on this urge 1○ 2○ 3○ 4○