

The Good Stress Challenge Audit

The following statements are indicators to determine if your child could benefit from a good stress challenge. Indicate whether each statement is true: *frequently* (3), *occasionally* (2), *infrequently* (1), or *never* (0).

	Frequently	Occasionally	Infrequently	Never
1. Your child is bored with life.	3	2	1	0
2. Your child is depressed because she feels as if she's on a treadmill with no goal or direction.	3	2	1	0
3. Your child is tired most of the time.	3	2	1	0
4. Your child often expresses that he would do almost anything to break the monotony in his life.	3	2	1	0
5. Your child gets frustrated when she doesn't feel that she is making progress.	3	2	1	0
6. Your child seldom feels good about himself.	3	2	1	0
7. Your child seldom looks for things that make her feel proud about what was accomplished.	3	2	1	0
8. Your child usually looks back over the past and feels like a failure.	3	2	1	0
9. Your child seems to have pain symptoms that migrate from one area of the body to another.	3	2	1	0
10. Your child wishes he were more productive.	3	2	1	0
11. Your child expresses that she feels better and more powerful when she gets angry.	3	2	1	0
12. Your child would probably do something that is dangerous or even stupid just to change a bad mood.	3	2	1	0

Scoring

Total the numbers you have checked for each item. Compare your scores to the interpretations below.

0–8: A score in this range would indicate good expectations of achieving some realistic goals. The child has enough interests to keep his mind active. If you asked him, he would likely mention several stresses he experiences in the form of challenges, although they might be described as “good,” such as tests and examinations.

9–19: A score in this range would indicate that some goal-setting approaches would be helpful for mood states, and exercise would be beneficial. Your child may suffer some anxiety about success, and assurance would be helpful. Determine realistic levels of achievement.

20–27: A score in this range would be indicative of a need to be challenged for a specific goal, which would be important for attention deficit disorder. Structured activities, such as the campout described, and short-term athletic or card games are also good starters.

28–36: A score in this range would be a clear indication to begin a good stress challenge program, although this program would need to be designed for your child’s individual needs. Assigning a buddy or partner in introducing good stress activities is usually a very good step, and finding a leader especially interested in your child can be a blessing.