

Me and My Feelings (Me and My School)

Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks. Please put a tick in the box underneath the answer which best describes your thoughts and feelings. There are no right or wrong answers!

Statements:	Never	Sometimes	Always
I feel lonely.			
I cry a lot.			
I am unhappy.			
Nobody likes me.			
I worry a lot.			
I have problems sleeping.			
I wake up in the night.			
I am shy.			
I feel scared.			
I worry when I am at school.			
I get very angry.			
I lose my temper.			
I hit out when I am angry.			
I do things to hurt people.			
I am calm.			
I break things on purpose.			

Thank you for completing this survey and for your honesty!