

Do you worry too much?

All kids worry some of the time, but some kids worry too much. Maybe you can't stop thinking that something bad is going to happen. Maybe you are having trouble sleeping. Maybe you are sad and depressed.

It is hard for kids, and even grown-ups, to know when they worry too much, but this chart might help you. Rate each statement below with the following numbers:

1=This is never true.

2=This is true some of the time.

3=This is true all of the time.

If you put 2s and 3s on this chart, you should show it to a parent or other trusted adult. He/she can help you with your worries.

- ___ I cry a lot of the time.
- ___ I get headaches and stomachaches.
- ___ I feel hopeless about things.
- ___ I feel totally stressed out.
- ___ I keep asking myself questions about things that could be bad, like "What would happen if my parent doesn't come back?"
- ___ I keep thinking and worrying about events that are going to happen sometime in the future.
- ___ I have a hard time falling asleep.
- ___ I have nightmares.
- ___ I never feel that I am good enough.
- ___ I always worry that I'm not doing the right thing.
- ___ I don't like to do activities that are outside my home.
- ___ I have a hard time focusing on my homework, on reading, or on other things I have to do.