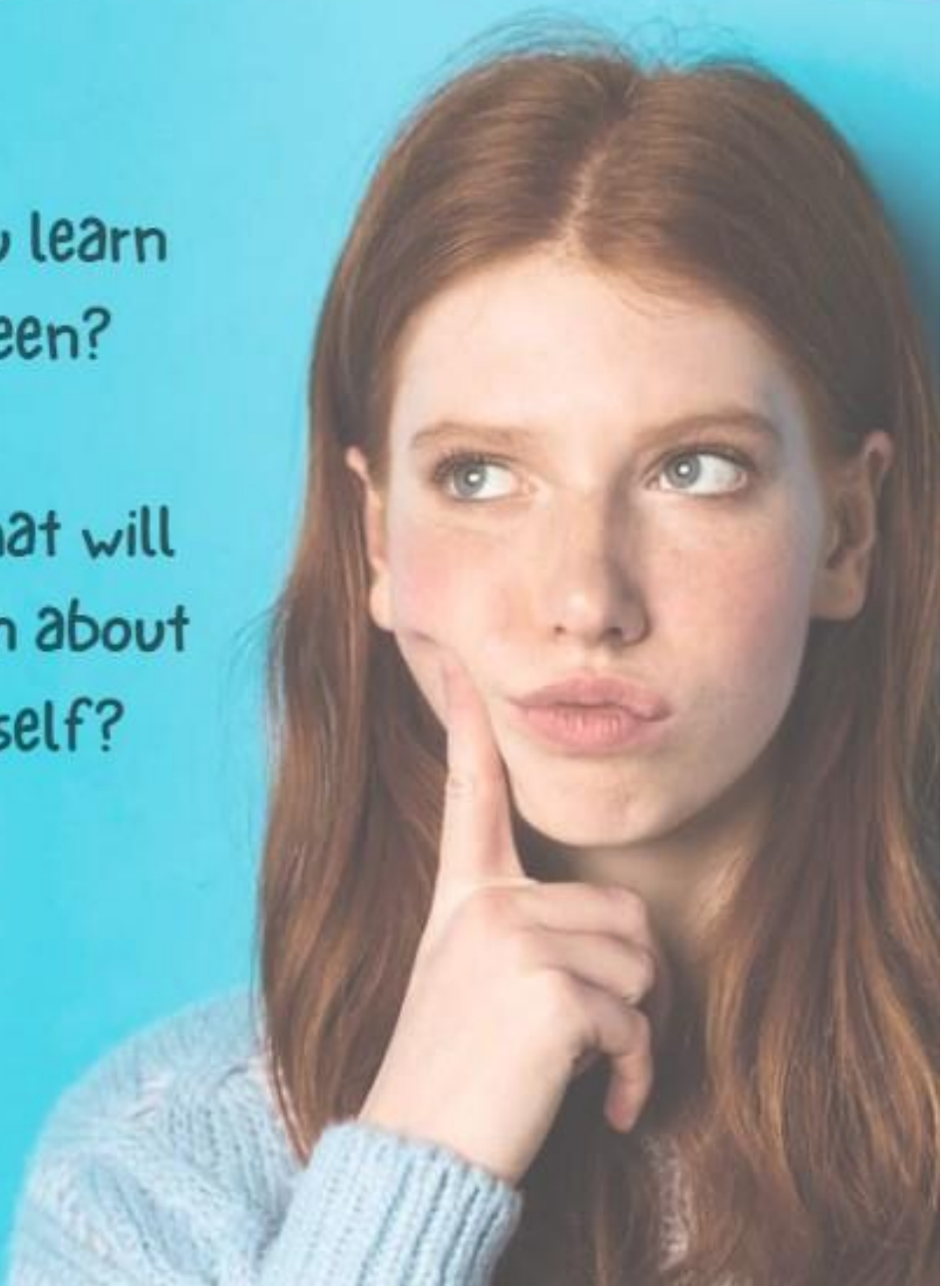


# "3 THINGS"

*A questionnaire for Teens*

What will you learn  
about your teen?

Better yet, what will  
your teen learn about  
himself/herself?



# **“3 THINGS” QUESTIONNAIRE**

**HERE ARE THREE BEHAVIORAL GOALS THAT I HAVE FOR MYSELF:**

- 1.
- 2.
- 3.

**HERE ARE THE THREE THINGS THAT MY PARENTS AND I MOST OFTEN ARGUE ABOUT:**

- 1.
- 2.
- 3.

**HERE ARE THREE THINGS THAT I CAN DO TO COPE WITH ANGER:**

- 1.
- 2.
- 3.

**HERE ARE THREE THINGS THAT I CAN DO TO COPE WITH ANXIETY:**

- 1.
- 2.
- 3.

**HERE ARE THREE THINGS THAT I CAN DO TO COPE WITH SADNESS/DEPRESSION:**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT REALLY MAKE ME ANGRY**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT CAUSE ME ANXIETY**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT GET ME FEELING DOWN**

**1.**

**2.**

**3.**

**HERE ARE THREE WAYS TO RESOLVE CONFLICTS WITH OTHERS**

- 1.
- 2.
- 3.

**HERE ARE THREE THINGS THAT MAKE ME HAPPY**

- 1.
- 2.
- 3.

**HERE ARE THREE THINGS I NEED TO WORK HARDER AT**

- 1.
- 2.
- 3.

**HERE ARE THREE FUTURE GOALS THAT I HAVE FOR MYSELF**

- 1.
- 2.
- 3.

**HERE ARE THREE PEOPLE THAT I TRUST AND CAN TALK TO IF I HAVE A PROBLEM**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT WOULD HELP ME DO BETTER SCHOOL**

**1.**

**2.**

**3.**

**HERE ARE THREE NICE/HELPFUL THINGS THAT I HAVE DONE FOR OTHERS LATELY**

**1.**

**2.**

**3.**

**HERE ARE THREE NICE/HELPFUL THINGS THAT OTHERS HAVE DONE FOR ME LATELY**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT I LOOK FORWARD TO**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT ANNOY ME**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT MAKE ME LAUGH**

**1.**

**2.**

**3.**

**HERE ARE THREE THINGS THAT MAKE ME JEALOUS**

**1.**

**2.**

**3.**

**THESE ARE MY THREE BEST QUALITIES**

1.

2.

3.

**HERE ARE THREE WORDS THAT MY FRIENDS WOULD USE TO DESCRIBE ME**

1.

2.

3.

**HERE ARE THREE WORDS THAT MY PARENT(S) WOULD USE TO DESCRIBE ME**

1.

2.

3.

**HERE ARE MY THREE FAVORITE MEALS**

1.

2.

3.

**HERE ARE MY THREE FAVORITE TREATS**

1.

2.

3.

**HERE ARE THREE THINGS THAT I AM PROUD OF**

1.

2.

3.

**HERE ARE THREE THINGS THAT I HAVE DONE THAT I WISH I HADN'T DONE**

1.

2.

3.

**HERE ARE THREE OF MY GREATEST MEMORIES**

1.

2.

3.

**HERE ARE THREE THINGS THAT I HOPE TO DO SOMEDAY**

1.

2.

3.

**HERE ARE THE THREE MOST INFLUENTIAL PEOPLE IN MY LIFE**

1.

2.

3.

**HERE ARE THREE MISTAKES THAT I HAVE MADE**

1.

2.

3.

**HERE ARE THREE THINGS I WISH I COULD CHANGE ABOUT MYSELF  
(PHYSICALLY, BEHAVIORALLY, OR EMOTIONALLY)**

1.

2.

3.

**HERE ARE THREE THINGS I WOULD NEVER CHANGE ABOUT MYSELF  
(PHYSICALLY, BEHAVIORALLY, OR EMOTIONALLY)**

1.

2.

3.

**HERE ARE THREE THINGS THAT SCARE ME**

1.

2.

3.

**HERE ARE THREE IMPORTANT DECISIONS THAT I'LL NEED TO MAKE SOMEDAY**

1.

2.

3.

**HERE ARE THREE SOCIAL/POLITICAL ISSUES THAT ARE VERY IMPORTANT TO ME**

1.

2.

3.

**HERE ARE THREE CONCERNS THAT I HAVE REGARDING MY FUTURE**

1.

2.

3.

**HERE ARE THREE THINGS THAT I AM EXCITED ABOUT**

1.

2.

3.

**HERE ARE THREE PEOPLE (LIVING OR NOT) THAT I CONSIDER HEROES**

1.

2.

3.

**HERE ARE THREE PLACES THAT I WOULD LIKE TO VISIT SOME DAY**

1.

2.

3.

**HERE ARE THREE THINGS I WISH I KNEW MORE ABOUT**

1.

2.

3.

**HERE ARE THREE THINGS THAT I WISH I COULD CHANGE ABOUT THE WORLD**

1.

2.

3.

**HERE ARE THREE OF MY BIGGEST ACCOMPLISHMENTS**

1.

2.

3.

**HERE ARE THREE FOODS THAT I FIND REPULSIVE**

1.

2.

3.

**HERE ARE MY THREE FAVORITE THINGS ABOUT SCHOOL**

1.

2.

3.

**HERE ARE THREE WAYS THAT I CAN BE A BETTER PERSON**

1.

2.

3.

**HERE ARE THREE OF MY FAVORITE POSSESSIONS**

1.

2.

3.

**THESE ARE MY THREE BEST FRIENDS**

1.

2.

3.

**HERE ARE THREE THINGS THAT I COULD DO TO BE A BETTER PERSON**

1.

2.

3.

**HERE ARE THREE THINGS THAT I WISH EVERYBODY KNEW ABOUT ME**

1.

2.

3.

**HERE ARE THREE THINGS THAT MAKE ME DIFFERENT FROM MY FRIENDS**

1.

2.

3.

**HERE ARE THREE THINGS THAT I HAVE IN COMMON WITH MY FRIENDS**

1.

2.

3.

**HERE ARE THREE SONGS THAT I CAN RELATE TO**

1.

2.

3.

**HERE ARE THREE CELEBRITIES I WOULD LIKE TO MEET**

1.

2.

3.

**HERE IS WHAT I LEARNED ABOUT MYSELF BY DOING THIS EXERCISE:**

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