



# Stress Responses



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please circle yes/no/sometimes to show whether you agree with the statement that show how you react when you are angry/stressed/upset/ dysregulated.

1. I argue a lot.	Yes	No	Sometimes	Unsure
2. I enjoy arguing.	Yes	No	Sometimes	Unsure
3. I argue even when I agree with someone.	Yes	No	Sometimes	Unsure
4. I seek out people to argue with.	Yes	No	Sometimes	unsure
5. I throw things when I am angry/stressed/upset etc.	Yes	No	Sometimes	unsure
6. I hit walls.	Yes	No	Sometimes	unsure
7. I hit doors.	Yes	No	Sometimes	unsure
8. I hit objects.	Yes	No	Sometimes	unsure
9. I hit people.	Yes	No	Sometimes	unsure
10. I hurt myself.	Yes	No	Sometimes	unsure
11. I rip things.	Yes	No	Sometimes	unsure
12. I break things.	Yes	No	Sometimes	unsure
13. I avoid people.	Yes	No	Sometimes	unsure
14. I run away.	Yes	No	Sometimes	unsure
15. I avoid tasks.	Yes	No	Sometimes	unsure
16. I ask to get out of class for water/toilet etc.	Yes	No	Sometimes	unsure
17. I make up excuses.	Yes	No	Sometimes	unsure
18. I tell lies.	Yes	No	Sometimes	unsure
19. I become quiet.	Yes	No	Sometimes	unsure
20. I become still.	Yes	No	Sometimes	unsure
21. I get distracted with my thoughts.	Yes	No	Sometimes	unsure
22. I can't move.	Yes	No	Sometimes	unsure
23. I stare but can't talk.	Yes	No	Sometimes	unsure
24. I find it difficult to follow instructions.	Yes	No	Sometimes	unsure
25. I feel unable to say no.	Yes	No	Sometimes	unsure
26. I do things I know are wrong.	Yes	No	Sometimes	unsure
27. I copy what others are doing.	Yes	No	Sometimes	unsure
28. I do exactly as I'm told even if I don't want to.	Yes	No	Sometimes	unsure
29. I take part in dangerous activities.	Yes	No	Sometimes	unsure

Any other comments:

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