Who do you hang out with?

What do you guys do when you hang out?

How long have you been friends?

Does your family like you hanging out with them?

How do you know them?

How old are they?
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Did anyone help you? What did they do?

Could they help you with your problems now?

How did you handle it? What did you do?

Would it help if you did that now?

Trauma
when something bad happens to you that makes you feel hopeless or like you couldn’t cope

Has anything like that happened to you? Tell me about what happened?
Grief and Loss —
when you lose someone or something that you love

Has anyone you love died?

How are you feeling about that now?

Have you ever lost someone or something that you loved?

Tell me about what happened

Did anybody help you with the way you were feeling?

Could they help you now?
How are you feeling? How often do you feel that way?

Embarrassed or Ashamed

In your mind

Angry

Confused

In your heart

Sad

Happy

Never  Once or twice  Sometimes  Most of the time

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Have you ever hurt your own body? By cutting? Pulling out your hair? Self medicating?

Do you ever think about killing yourself?

In your mind

In your heart

What are the things that make you think about doing this?

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If you’re feeling....... What do you do?

Do you do anything to block out your feelings?

Who do you talk to when you feel stressed out or angry

In your mind

In your heart

What do you do to look after yourself?

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**Talking about feelings.**

**In the last two weeks ..........?**

0
Never

1

2

3

4
Always

4/3/2020
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