

PARENT HANDOUT FOR STEP 1:  
FAMILY PROBLEMS INVENTORY

Child's name ..... Date.....  
Name of parent completing this form.....

*Instructions:* During the next week, take some time to complete this questionnaire. You have been shown that one course of trouble that can contribute to child behaviour problems is stress within the family. The questionnaire is designed to help you take inventory of possible stress events that may be occurring within your family. We think it is important that you take stock of these stressors and begin thinking about how you might begin to resolve them, if possible.

Listed below are common areas of stress within families. In the space provided below each, please write down any problems that you feel you or your family are having in these areas. Next to each one under the column marked 'Proposed solutions', list what you believe you can begin to do to help reduce these problems, if that is possible. Please be as honest as you can - your answers are kept confidential.

PROBLEM AREAS

PROPOSED SOLUTIONS

1. Family health problems:

2. Marital problems:

3. Financial problems:

4 Behaviour problems with other  
children in family:

5. Occupational/employment  
problems:

6. Problems with relatives/in laws:

7. Problems with friends:

8. Other sources of stress:  
(religion, conflict over recreational  
activities for family, drug or alcohol  
abuse etc)

.....  
Thank you for taking time to complete this inventory. Your therapist will review it and may decide to talk with you privately about some of these stressors. If you would like your therapist to help you with any of these problems or refer you to others who may be able to assist you, please indicate that below by checking yes or no and simply writing the number of the problem area(s) from above.

.....YES, I would like help with the areas (list numbers).....

..... No, I do not need help with these problem areas.