

## Second Step

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

Name/Code: \_\_\_\_\_

### Part 1: What Do You Think?

*Directions: Place an X in the box that shows how much you agree with each statement*

	Don't agree	Agree a little	Agree a lot	Completely agree
01. If a friend upsets you, it's okay to completely stop talking to him or her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02. Sometimes you have only two choices—getting hit or hitting the other kid first.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03. Sometimes you have to fight other kids to get respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04. When two kids are fighting each other, it's all right for you to stand there and watch.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05. If you're angry at someone, it's okay to keep him or her out of your group of friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06. It's best to avoid repeating stories about others if you don't know what's true.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07. When one kid is picking on another, it's not right for you to join in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08. It's okay to hit someone who does something mean to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09. There are always other ways to solve an argument besides insulting a kid or getting put down yourself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. It's best to avoid listening to gossip or rumors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. There are only two kinds of kids—the kids who fight and the kids who get beaten up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. It's okay to say something mean to someone if he or she says something mean to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When a friend of yours is in a fight, it's all right to cheer for him or her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. It's okay to hit someone who really makes you angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. If you hear something bad about someone, you shouldn't pass it on.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

— Please continue on the next page —

## Part 2: What About You?

Directions: Place an X in the box that describes you best.

	<b>EASY!</b>	<b>easy</b>	<b>hard</b>	<b>HARD!</b>
16. When you're having a problem with someone, how easy is it to understand his or her point of view? Is it EASY!, easy, hard, or HARD!?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. How easy is it to identify and name the emotions you feel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. When you have a problem with other people, how easy is it to stop yourself from doing the first thing that pops into your head?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. How easy is it to think of more than one way to solve a problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. When you try to solve a problem and your solution doesn't work, how easy is to try something else?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. When someone says or does something mean to you, how easy is it to keep your anger under control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. How easy is it to say "no" to your friends if they want you to do something you don't want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. How easy is it for you to stand up for yourself when someone picks on you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>Never</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
24. How often have you used any of the above skills in the past month? Never, A little, Some, or A LOT?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

25. Which skills have you used? Go ahead and write in your answer.

---



---



---



---



---

26. Please write down any areas you think you need to work on to get along better and solve problems with others.

---



---



---



---



---