

Name: _____

SELF REFLECTION TASK

Complete the following survey deciding how far you agree with the statements.
1 BEING COMPLETELY AGREE, 5 BEING COMPLETELY DISAGREE

		1	2	3	4	5
COMMUNICATION	- I don't like talking about my feelings					
	- I don't think people understand what I am going through					
	- I hear or use inappropriate language on a daily basis					
	- I have problems differentiating when I am saying a funny joke or if I am hurting someones feelings					
SCHOOL WORK	- I put myself under a lot of pressure to do well					
	- I feel under a lot of pressure from my teachers to succeed					
	- I feel under a lot of pressure from my classmates to succeed					
	- I feel under a lot of pressure from home to succeed					
	- I don't feel very motivated to do my school work					
	- I am anxious about exams					
SOCIAL LIFE	- I am more concerned about my social life than anything else					
	- I feel under a lot of pressure from my classmates to be 'cool'					
	- The atmosphere in my classes worries me					
	- I feel left out of a lot of things					
HEALTH AND WELLBEING	- I am worried about my own health and wellbeing					
	- I am worried about someone else's health and wellbeing					
DIGITAL LIFE	- I spend a lot of time on social media					
	- I spend a lot of time gaming					
	- I go to sleep with a digital device (phone, iPad, computer) beside my bed					
HOME LIFE	- I am worried about my family					
	- I don't get along with people in my family					
	- I am worried about disappointing my family					

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