

15127

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Date (month/day/year):

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Prevent Child Abuse
Alabama™

Respite Care Programs

USE DARK (BLUE/BLACK) PENCIL/INK

1. My knowledge of community resources where I can receive help is...

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Poor	Fair	Good	Excellent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. My commitment to using available social services that apply to me is...

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Poor	Fair	Good	Excellent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. How often have you been upset because of something that happened unexpectedly?

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Never	A little	Some	Often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How often have you felt that you were unable to control the important things in your life?

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Never	A little	Some	Often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. How often have you found that you could not cope with all the things that you had to do?

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Never	A little	Some	Often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How often have you felt difficulties were piling up so high that you could not overcome them?

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Never	A little	Some	Often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. My commitment to seek informal support (e.g., from friends, family, etc.) regularly is...

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Poor	Fair	Good	Excellent
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8. My knowledge of my child's positive qualities is...

BEFORE THIS PROGRAM, I would have said...

TODAY, my answer is...

Poor	Fair	Good	Excellent
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