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Adult Social Skills Group Interest Survey

Your Name	Birthdate	Today's Date
Email Address	Preferred Phone #	OK to Leave a Message?
		Y N

Please complete the questionnaire below so that I can begin to get a sense of where your struggles currently are. This is only a general screening form that I am using for several different groups, so there will be descriptions that you see that may not sound anything like you. The reason that I ask these questions is so I can arrange groups that have people with similar needs. Of course, there always will be some variability but I won't start a group until I have enough people who are a good match with one another. For current information about how groups are formed and run, go to

CURRENT FRIENDSHIPS

What best describes your current peer relationships? (check any/all that apply)

1 🗆	2 🗆	3 □	4 🗆	5 🗆	6 □
I feel like I'm actively rejected by virtually all my peers.	I'm not actively rejected but I'm quiet and often go unnoticed by peers. I have trouble initiating social contact.	I have some peer relationships at my school or job but no close friends.	I think I have friends, but my friend groups seem to keep changing.	I have close friends but these relationships are an emotional rollercoaster.	I have close friends with some ups and downs that eventually work out.

Do you get together with friends outside of work or school?	
Please list any outside activities, sports, clubs, or groups that made a connection with any people there:	you belong to and note whether you feel that you have

SOCIAL PATTERNS

(circle or check any/all that apply)

1 🗆	2 🗆	3 □	4 🗆	5 🗆
People often get angry with me or feel hurt by things I say but I'm just saying what's true.	I can get really, intensely angry with people when they do something that is wrong.	I know that I mess up when I try to be social with people but no matter what I try, I still seem to "get it wrong."	I am frequently worried that everyone is judging me poorly and I am often afraid to do things because of this worry.	I am aware of the "unwritten rules" of different social situations but most of the time I don't worry too much about it, and it seems to be ok.

SOCIAL ANXIETY

Circle or check any/all that apply.

1 🗆	2 🗆	3 □	4 🗆	5 🗆	6 □	7 🗆
I avoid social contact, if at all possible.	I only go places with a trusted person in my life/I going to my school or my job is extra stressful because I will have to deal with people socially.	I can tolerate small social gatherings but I tend to not talk with others unless spoken to, even with people that I've known for a while.	I can speak to store clerks/ restaurant wait staff.	I worry a great deal about public speaking.	I initiate conversations with friend/family in familiar environments but I shrink back in new environments/with new people.	I can start a conversation with most people in most situations.

Panic Attacks: This happens when the body's fight or flight mechanism is triggered, heart rate and breathing rate goes up, and the person can sometimes feel like they can't catch their breath. To an outside observer, because the person's brain goes into full fear mode, they can break down in an uncontrollable crying episode, have an uncontrollable need to leave the situation, or escalate to intense anger.)

leave the situation, or escalate to intense anger.	
Is it possible that you have panic attacks?	
Do you have frequent stomach upset or diarrhea that is no	ot otherwise explained by a medical condition?

CONFLICT RESOLUTION

1 🗆

How would you best describe your ability to resolve conflicts with your peers (circle or check any/all that apply)

3 □

4 🗆

2 🗆

Not at all. I get upset, possibly yell/shout, say impulsive things, then calm down. I expect others to be "over it" when I am.	I interpret conflict to mean that the other person is no longer my friend and shut down the relationship.	I agonize over conflict, and either temporarily shut down or talk about the conflict "behind the person's back" with other friendsoften leading to more conflict. Eventually it works out or it blows over.	I avoids "drama" and I am working on developing skills to calm myself down and eventually communicate thoughts and feelings directly and respectfully so that I can work things out.
Describe situations in which yo	ou have become aggressive du	ring times of conflict:	
HYGIENE			
Note, some of my groups will		shower or do laundry more of ue and some will not. Remem	
Please use the space below to	describe any other social issue	es you have noticed or that co	ncerns you.
			-
			-