



KEYSTONE TO SUCCESS  
LIFE COACHING

## YOUTH CHECKLIST

As a parent or caregiver to a young person, sometimes it's difficult to recognise problems in their lives. They're often masters of disguise, hiding their real feelings for many different reasons, not least of which is the fear of being judged. So how do you know when your child would benefit from help from a Life Coach?

If your child answers "Yes" or "That feels like me" to any of these statements, getting in touch with a Life Coach would be a positive step towards creating a better reality for them. Their Life Coach will assess your child to determine the level of help they need and will advise you of their findings.

- 1.) Sometimes I feel bullied
- 2.) I often feel like an outsider
- 3.) I want to be left alone
- 4.) My parents fight a lot and it makes me feel sad or angry or afraid
- 5.) I feel like I never know what to do
- 6.) I have trouble getting people to understand me
- 7.) I just want to hide out in my own space all the time
- 8.) I play video games, watch TV or go online so I don't have to think about things
- 9.) I feel different from other people my age
- 10.) I find it hard to make or keep friends
- 11.) I feel like I never know what to say
- 12.) Someone touched me and it made me feel bad
- 13.) Someone did something to me and I'm not allowed to tell
- 14.) Sometimes I feel like I want to hurt myself
- 15.) Sometimes I feel like I want to hurt someone
- 16.) I feel like no one understands me
- 17.) I don't have anyone I can trust
- 18.) Sometimes I feel sad and I don't know why
- 19.) I have strong feelings of anger or hatred
- 20.) I feel like people are talking about me behind my back
- 21.) I find it hard to feel happy
- 22.) I don't know how to deal with people of the opposite sex
- 23.) I always put things off until the very last minute
- 24.) I'm always arguing or fighting with my brother or sister
- 25.) I'm always arguing or fighting with my parents
- 26.) I feel lonely even when I'm with people

You may wish to ask your child one or two questions at a time in a conversational manner, so they don't feel like they're in trouble, are being cross-examined or have other negative feelings.

For further information or to discuss where to go to from here, please contact David Gillman.