

FONDATION
JEUNES
EN TÊTE



THE FIGHTER'S



QUESTIONNAIRE

THE FIGHTER'S QUESTIONNAIRE



How often do you opt for the behaviours below?
Never, sometimes, often, almost always?

Add some personal notes if this makes
you think of certain situations in particular.

	NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
I avoid situations that I'm worried about or that scare me.				
I remove myself from situations that I don't feel good in.				
I put off doing things that I have to get done.				
I'm afraid to say what I really think out of fear that others will react badly.				
I spend hours on the internet, on social media, playing video games or watching TV to distract myself or take my mind off things.				
I am quick to call or text my friends or family for comfort.				
I tend to isolate myself when I don't feel good.				
I throw myself into a thousand and one activities to try and forget my feelings of unease.				
I try to escape discomfort by going to sleep.				
I take drugs or drink alcohol when I don't feel good.				
I think about hurting myself to relieve my discomfort.				
I tend to make decisions "on the spot" without taking the time to properly reflect on the situation.				



EXERCICES EXERCICES



If you frequently adopt these fight behaviours,
you can practice this little exercise whenever
you experience one:

Step 1



Slow down. Give yourself a few moments to take stock of your emotions.

Step 2



Notice what you're feeling, thinking and what you're about to do.

Step 3



Choose the action that you really want to carry out.