

True for Me Statements

THE QUESTIONS

- Cross to the other side of the room if you are not from _____.
- Cross to the other side of the room if you feel your home is _____.
- You identify as male.
- You identify as female.
- You feel that you have not formed a close friendship in this program.
- You take pride in your school work.
- You are Catholic.
- You are Protestant.
- You are Jewish.
- You are Buddhist.
- You are Hindu.
- You are Muslim.
- You do not believe in god.
- You identify as a person of color.
- You know little about you cultural heritage.
- You wish you had more money.
- You consider your family as working class.
- You consider your family as middle class.
- You consider your family as upper class.
- You have felt embarrassed about how much money your family has.
- You come from a family of four or more children you are an only child.
- You live with both of your parents.
- You have had the responsibility for taking care of a younger member of your family.
- You have had the responsibility for taking care of an elderly member of your family.
- You have low self-esteem.
- You would like to lose ten or more pounds.
- You feel lonely sometimes.
- You plan to go to college.
- You plan to go to graduate from high school.
- You feel physically unattractive.
- You consider yourself a Democrat.
- You consider yourself a Republican.
- You consider yourself a socialist.
- You consider yourself a feminist.
- Your parents have either divorced, separated, or never married.
- At least one of your parents have died.
- There have been times when you have seriously felt that, if you could choose, you would not choose the ethnicity into which you were born.
- You find yourself thinking about food considerably more often than you want.
- You have medical problem.
- You have a learning disability.
- You have a physical disability.
- You have experienced the effects of alcoholism in your family.
- You have experienced the effects of drug addiction in your family.
- You have cried at least once this year for someone or something other than yourself.
- You have laughed at yourself at least once this year.
- Cross the room if you could use a hug right now.