

## Problem Checklist\*

On a scale from 1-10 (1= small problem...10= huge problem) list the problems that are happening between parent(s) and teenager.

*Put a \* next to the problems parents & teens agree on.*

10 \_\_\_\_\_

9 \_\_\_\_\_

8 \_\_\_\_\_

7 \_\_\_\_\_

6 \_\_\_\_\_

5 \_\_\_\_\_

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_

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\* Adapted from: Problem Solving Communication Training. Robin, Bedway & Gilroy. CBT+