

Adapted Youth Personal Balance Tool (YPBT)

Record ID

I take responsibility for my mistakes and actions.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I talk with elders about my options before making a decision.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I belong and actively participate in clubs and afterschool activities (church, sports, Native gatherings/ceremonies, etc.).

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

When my family and friends do well I try to tell them.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I try to practice things I need to or can improve on, to reach my goals.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I feel connected to my family.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

Each day I do something positive that I enjoy. I'm usually happy.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I do things in my life just to help others (such as being there for someone in a tough time, volunteering, or helping elders).

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

Most people like me but if they don't I'm okay with it.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I'm not afraid to step up to be a leader, role model, or mentor in my community.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

There is something that I have in my life right now that I have a passion for and am excited to do it everyday.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I can usually control my reactions and emotions so that I don't do anything I will later regret.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I feel safe (such as in the community, in my family or at school).

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I make an effort to learn something new everyday.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I take care of my body (such as exercising, watching my diet, and/or choosing to be drug free).

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I have dreams or visions that help guide me.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I am quick to forgive others that have hurt me and I try to place myself "in other's shoes" before making a judgment of them.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

When I find something I really enjoy, I do it in moderation. I try to balance it in my life so it doesn't take over everything I do.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I am aware that my actions affect not only me but those around me.

- ☐ Very untrue
☐ Untrue
☐ Neither untrue or true
☐ True
☐ Very true

I believe that even though we can't see Creator or spiritual world, we know it exists.

- ☐ Very untrue
- ☐ Untrue
- ☐ Neither untrue or true
- ☐ True
- ☐ Very true