

CENTEREDNESS SCALE FOR ADOLESCENTS (Family Section)

This scale can be used free of charge.

- 1 - Never true
- 2 - Rarely true
- 3 - Sometimes true
- 4 - Often true
- 5 - Very often true (Higher scores = More centered)

1. After a bad day, I can count on my family to make me feel better
2. I feel like an outsider in my family (**reverse-scored: Very often true = 1 Never true = 5**)
3. **(M/D)** My home and family are perfect
4. When I come home at the end of a long day, I expect my home environment to feel tense or unpredictable (**reverse-scored: Very often true = 1 Never true = 5**)
5. My emotions are dismissed as incorrect (e.g., "You are overreacting") (**reverse-scored: Very often true = 1 Never true = 5**)
6. My family values my input
7. I feel unnoticed around my family (**reverse-scored: Very often true = 1, Never true = 5**)
8. **(M/D)** I feel completely satisfied with my home and my family
9. I am nervous that someone in my family will say or do something hurtful (**reverse-scored: Very often true = 1, Never true = 5**)

CENTEREDNESS (Parents Section)

Please answer the following questions about your parents (the adults in your home who are responsible for taking care of you) by selecting how much you disagree or agree with the following statements.

(For example, if the following statements were true of only one parent (or neither of your parents), but not both of your parents, then you might be inclined to agree less with the statements.)

1 – Strongly disagree

2 - Disagree

3 – Neither disagree nor agree

4 - Agree

5 – Strongly agree

1. I receive enough one-on-one time with my parents
2. My parents are frequently and easily upset (**reverse-scored: Very often true = 1, Never true = 5**)
3. When I am upset, I feel like my parents tried to find a way to be on my side
4. My parents believe that I make good choices
5. My parents point out positive things about me
6. My parents try to understand how I am feeling by putting themselves in my shoes
7. It would hurt our relationship if I chose different views/beliefs (e.g. religious, political, etc.) than my parents (**reverse-scored: Very often true = 1, Never true = 5**)
8. My parents are happy to see me when I come home after being gone for the day
9. When I am upset, my parents can't handle my negative emotions (e.g., they leave the room or tell me I shouldn't feel that way) (**reverse-scored: Very often true = 1, Never true = 5**)
10. My parents mention ways they are proud of me to other people (e.g., family members, their friends, other adults, etc.)
11. My parents have views (religious, political, racial, cultural, etc.) that make me feel hesitant to express in front of others because I don't agree with them, or I worry that others will not agree with them (**reverse-scored: Very often true = 1, Never true = 5**)