

# The FAB-C: Feelings, Attitudes and Behaviors Scale

by J.H. Beitchman, M.D.

Client ID: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Name of School: \_\_\_\_\_ Grade: \_\_\_\_\_  Boy  Girl

## Instructions

We want to learn about how children and young people feel. This is not a test and there are no right or wrong answers. Read and respond to each sentence before moving on to the next one. Mark either the Yes or No box. Respond to ALL of the sentences, with only one mark per sentence. Try this example:

I enjoy winter.  Yes  No

1. I am fun to be with.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. I cause trouble to my family.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. I am always happy.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. I feel someone will tell me I am doing things wrong.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Kids pick on me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. It's OK to yell at your parents sometimes.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Kids call me names.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. My family is proud of me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. I am pretty good at most things I do.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. I think I am a pretty nice person.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. It's hard for me to keep my mind on anything.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. I like everyone I know.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. I always tell the truth.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14. I am a nervous person.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15. Kids laugh at me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16. I worry about what my parents will say to me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
17. I am important to my family.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18. It's OK to show off.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19. Sometimes I think other kids want to beat me up.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20. It's OK for kids to bite their fingernails.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
21. I often have fights with kids.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
22. Most kids I know like me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
23. I worry about what other people will think of me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
24. I am always good.	<input type="checkbox"/> Yes	<input type="checkbox"/> No

*Remember to fill out the other side*

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25. I'll try anything.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
26. When I need help my parents help me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
27. It's OK to get angry.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
28. Other kids boss me around.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
29. My parents understand me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
30. I often get into trouble.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
31. Things are all mixed up in my life.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
32. I am just as good as the next kid.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
33. I do many bad things.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
34. My parents expect too much of me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
35. I am always nice to everyone.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
36. I am pretty sure of myself.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
37. It's OK to tell little lies.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
38. When I go to bed at night I worry.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
39. I have many friends.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
40. It is hard for me to wait my turn.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
41. I often get angry at my parents.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
42. I always do the right thing.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
43. I always get too many punishments.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
44. It's okay to make a mess.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
45. I have a bad temper.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
46. I always know what to say to people.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
47. I worry about what is going to happen.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
48. I get nervous when the teacher calls on me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No