

5 Short Question Answers

1. Do you feel safe at home? I feel that this is a good question as it is making sure that at home they aren't worried about being abused or hurt in anyway. Also, then they can feel safe and if one feels safe, then usually they feel loved as well.
2. Is there someone you can confide in outside your family? One can't always confide in their family, so having someone outside of the family whom they can confide in is a good idea, and helpful for mental health.
3. Are you allowed to do the things you love to do, as long as they are legal? Some people have others controlling them or yelling at them when they are doing something they love, and that can make their self-confidence go down and cause them to start hating themselves.
4. Do you usually feel upbeat and happy? Making sure the person isn't in a state of depression is important as well. If they are in a state of depression, then their mental health is definitely not where it should be.
5. Do you feel you can express your emotions in a safe way? Having to bottle up one's emotions takes a toll on them, especially if it's pain or sadness. And, if they can't express their emotions in a safe way, then that isn't good for anyone, including themselves.