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Behavioral
and Emotional
Screening System
BESS

Student

Grades 3-12

Instructions

This form contains sentences that young people may use to describe how they think or feel or act. Read each sentence carefully.

Select **Never** if the sentence **never** describes you or how you feel.

Select **Sometimes** if the sentence **sometimes** describes you or how you feel.

Select **Often** if the sentence **often** describes you or how you feel.

Select **Almost Always** if the sentence **almost always** describes you or how you feel.

1. I have trouble sitting still.

Never	Sometimes	Often	Almost Always
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2. My teacher is proud of me.

Never	Sometimes	Often	Almost Always
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3. My parents trust me.

Never	Sometimes	Often	Almost Always
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4. I have trouble paying attention to the teacher.

Never	Sometimes	Often	Almost Always
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5. I want to do better, but I can't.

Never	Sometimes	Often	Almost Always
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6. Others have respect for me.

Never	Sometimes	Often	Almost Always
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7. People tell me to slow down

Never	Sometimes	Often	Almost Always
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8. I am lonely.

Never	Sometimes	Often	Almost Always
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9. My school feels good to me.

Never	Sometimes	Often	Almost Always
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10. I am liked by others.

Never	Sometimes	Often	Almost Always
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11. I worry but I don't know why.

Never	Sometimes	Often	Almost Always
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12. I talk while other people are talking.

Never	Sometimes	Often	Almost Always
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13. I feel like my life is getting worse and worse.

Never	Sometimes	Often	Almost Always
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14. My parents are proud of me.

Never	Sometimes	Often	Almost Always
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15. I get along with my teacher.

Never	Sometimes	Often	Almost Always
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16. I get blamed for things I can't help.

Never	Sometimes	Often	Almost Always
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17. I feel safe at school.

Never	Sometimes	Often	Almost Always
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18. I forget to do things.

Never	Sometimes	Often	Almost Always
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19. I'm happy with who I am.

Never	Sometimes	Often	Almost Always
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20. I get into trouble for not paying attention.

Never	Sometimes	Often	Almost Always
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21. Even when I try hard, I fail.

Never	Sometimes	Often	Almost Always
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22. My parents listen to what I say.

Never	Sometimes	Often	Almost Always
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23. I feel out of place around people.

Never	Sometimes	Often	Almost Always
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24. I have trouble controlling my thoughts.

Never	Sometimes	Often	Almost Always
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25. I am good at making decisions.

Never	Sometimes	Often	Almost Always
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26. I worry about what is going to happen.

Never	Sometimes	Often	Almost Always
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27. No one understands me.

Never	Sometimes	Often	Almost Always
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28. My parents like to be with me.

Never	Sometimes	Often	Almost Always
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