

New Life Youth Services

Independent Living Program

**101 Questions To Ask Yourself To Find Out Just How Ready You Really Are To Go Out
On Your Own**

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1. When will I probably leave where I'm staying now, to live on my own?

2. Who can help me learn what I need to learn and do what I need to do to go out on my own? (Name at least two adults.)

3. Should I look for a roommate? _____ Why?

4. Where do I want to live? _____ Why that location?

5. What bills would I need to pay?

6. How much could I afford for rent?

7. What is a security deposit?

How much would it be?

8. What furniture would I need and how much would it cost?

_____ (\$ _____) + _____ (\$ _____) +

_____ (\$ _____) + _____ (\$ _____) +

_____ (\$ _____) + _____ (\$ _____)

= Estimated Total \$ _____

9. Why do I want to live on my own?

10. How much would I spend on food each week?

11. How much would I spend on kitchen supplies: pots, pans, plates, cups, skillets, silverware? Estimated total = \$ _____

12. How much would I need to spend on clothing each month?

Estimated total = \$ _____

13. How much would I spend on bedding and household items?

Estimated total = \$ _____

14. How would I get medical insurance?

If I had a serious medical problem; how much would I pay for it?

15. How much would I spend on utilities each month? Gas? _____

Electricity? _____ Water? _____ Heat? _____

16. How much does it cost to install a phone? \$ _____ Do I know how to read a phone bill? _____ Have I ever looked at a phone bill?

17. What would my monthly phone bills be (approximately)?

\$ _____

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18. How much would I spend on transportation each week?

\$ _____

19. How much would I like to spend on entertainment each week: movies, tapes, books, etc? Estimated total = \$ _____

20. Altogether, how much money would I need to make to live on my own? Estimated total = \$ _____

21. How do I go about finding an apartment?

22. What would I say to the landlord?

23. How do I get utilities and the phone turned on in my name?

24. How would I remember to pay all my bills on time? _____ When are bills due? _____

25. What happens if I can't pay my bills on time?

26. Have I saved any money? _____ How much? \$ _____

27. What is a budget? _____

28. What is a lease? _____

What is a rental agreement? _____

29. What would the landlord expect from me?

30. What are four things that would get me kicked out of an apartment?

a. _____

b. _____

c. _____

d. _____

31. If I thought my landlord was treating me unfairly, how would I get help?

32. Do I know my way around town? _____ Can I use a bus schedule?

33. Do I really know how to cook and eat food that will keep me healthy?

What are five things that I know how to make?

a. _____

b. _____

c. _____

d. _____

e. _____

34. Have I ever shopped for my own groceries? _____

35. Would I know how to keep my apartment clean and pest free? _____

36. Do I know how to wash my own clothing without ruining anything?

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37. Do I keep myself clean everyday? _____ Do people tell me I look or smell bad? _____

38. Do I know how to use a bank? _____ Cash a check? _____ Read a paycheck? _____ Get a money order? _____ Write a check? _____

39. Do I know how to fill out a tax form? _____

40. Do I do anything that will get me into trouble if I got caught? _____

41. Do people have a hard time understanding what I say? _____
If they do, what can I do to make myself more understandable?

42. Can I take orders from an authority figure? _____

43. Have I been able to find a job on my own? _____

44. Have I been able to hold a job for over a month? _____ List of my work experience:

45. Can I correctly fill out a job application so that someone would want to hire me? _____

46. What are my daily household responsibilities now?

What chores do I have? _____

47. Am I to get myself up in the morning? _____ Could I get to work or school on time by myself? _____ Who gets me up now? _____

48. Am I usually late for appointments? _____ Do people sometimes tell me I'm late? _____

49. What are others doing for me now that I will have to do on my own?

50. Do I like being alone? _____

51. What do I do now when I'm by myself?

52. Where will I be at in school when I go out on my own?

Will I be able to get my diploma or should I go for my GED?

53. Who are four people that I would probably see each week if I were living on my own?

- a. _____
- b. _____
- c. _____
- d. _____

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54. If I got into trouble, who would be the first person I called?

55. What do I do when I'm depressed or in a bad mood?

56. What do I do when I'm angry? _____
Could I do this living on my own? _____

57. What are four things that make me mad?

- a. _____
- b. _____
- c. _____
- d. _____

58. What are four things that make me nervous?

- a. _____
- b. _____
- c. _____
- d. _____

59. Where would I go if I were sick? _____

60. Where would I go to the dentist? _____
Could I make and keep the appointment? _____

61. Do I drink alcohol? _____ What are the signs of alcoholism?

Has anyone ever told me that I had a drinking problem? _____

62. Do I use drugs? _____

63. Could I tell if I or someone else was chemically dependent? _____

64. What would I do if I thought I was addicted to drugs or alcohol?

65. Do I have a girlfriend/boyfriend? _____ Would he/she create problems for me if I was living on my own? _____ If yes, what kind of problems?

66. Would my friends want to use my apartment for parties? _____
Who would probably come to visit me?

67. Do I have "friends" who would try to take advantage of my independent living situation in any way? _____ Who are they?

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68. How would I be able to control the people who came to visit me?

What rules would I have in my apartment?

69. How would I keep from getting pregnant or getting someone pregnant?

70. What are three signs of sexually transmitted diseases?

a. _____

b. _____

c. _____

71. Am I ready to be a parent? _____ What are five signs of a good parent?

a. _____

b. _____

c. _____

d. _____

e. _____

72. Do I have problems with authority figures? _____ Do people tell me I have a problem with authority figures? _____

73. What two adults could help me adjust to living on my own after I leave here?

a. _____

b. _____

74. What are my three favorite things to do to have fun?

a. _____

b. _____

c. _____

Are they legal? _____

75. Would I be afraid to leave my apartment? _____

76. Would I be afraid to stay in my apartment alone? _____

77. Can I read things well enough to understand things that I am signing?

78. Am I afraid or embarrassed to admit that I don't know something that everyone else knows? _____

79. What do I do when I have a cold? _____

The flu? _____

A fever? _____

80. Am I able to ask for help when I need it? _____

81. What would I do if I were the victim of a crime?

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82. What would I do if I committed a crime and got caught?

83. What are the differences between adult court and juvenile court?

84. Do I know how to talk on the phone in a way that people can understand me? _____ If "no" who can help me learn to speak correctly?

85. Can I get what I need in "straight ways" or do I "con" people a lot?

86. Have I formed good relationships with adults who will still help me when I go out on my own? _____

87. Do I break a lot of rules where I'm at now? _____

88. Do I prefer to be alone or around other people? _____

89. Do I have trouble saying "no" to people who ask me to do things that I don't want to do? _____ Do I need to become more assertive? _____

90. Will I have my own car? _____

91. Do I know all of the driving laws? _____ Will I have my license by the time I leave? _____

92. How much would I have to pay each month for car insurance?

93. How much do my friends who have car insurance spend on repairs and maintenance during the year? \$ _____

94. Do my adult friends think I am ready to go out on my own? _____ If not, what do they think I need to learn? (Ask them!)

95. What are my main fears about living on my own?

96. Do I have any friends who live on their own that I can talk to about their experiences? _____ Who?

97. Am I able to pick friends who won't get me into trouble? _____

98. If I got kicked out of my apartment, where would I go?

99. Do I know how to use the phone book? _____ Yellow pages? _____ Information? _____

100. Am I thinking of independent living in terms of freedom from rules and restrictions? Or in terms of responsibilities? _____ Or both? _____

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101. Do my adult friends consider me to be a responsible person? _____
If not, why not? (Ask them!)

THINGS I NEED TO DO TO GET READY

1

2

3

4

5

