

Lambarka Macmiilka (Client #): _____ Taariikhda La Qaaday: _____

ISKU BUUQA, NABAR KU DHACAY, IYO WAAYO ARAGNIMO QALAFSAN OO SOO MARTAY CARUURNIMADII

MACMIILKA ISAGA AYAA QIIMEYNTA ISKU SAMEEYEEY

Baaritaanka Caruurta iyo Dadka Waaweyn (CATS) – Warbixinta Dhalinyarada (Da'da 7-17) [KHASAB KUGUMA AHA]

Isku buuqa iyo xaaladaha cabsida waa kuwa soo mara dad fara badan. Halkan hoose waxaa ku xusan liiska xaaladaha isku buuqa iyo xaaladaha mararka qaarkood dhici kara. Dooro HAA haddii ay xaaladaas ku soo martay. Dooro Maya haddii aanay xaaladaas horay kuu soo marin.

Dhacdo	Maya	Haa
1. Masiibo dabiici ah sida fatahaadda wabiga, duufaan, dabeyl, dhul gariir, ama dab.		
2. Shil khatar ah ama dhaawac sida shil gaari/bushkuleeti, qaniinyo eey, ama dhaawac ciyaaraha kaa soo gaara.		
3. Handadaad, nabar ama dhaawac aad u daran oo qoyska ka dhex dhaca.		
4. Handadaad, nabar ama dhaawac aad u daran ku gaartay dugsiga ama bulshada dhexdeeda.		
5. Lagu weeraray, tooriyeeyey, toogtay ama lagugu handaday burcadnimo hubeysan.		
6. Aragtay qof qoyska ka tirsan oo loo geystay handadaad, nabar lagu dhuftay ama dhaawac halis ah loo geystay.		
7. Aragtay qof bulshada ka tirsan oo loo geystay handadaad, nabar lagu dhuftay ama dhaawac halis ah loo geystay.		
8. Qof kuu geysanaya waxyaabo la xiriira galmoodka ama kugu khasba in aad sameyso waxyaabo la xiriira galmoodka oo aadan maya dhihi karin,. Ama kugu khasba ama kugu cadaadiya.		
9. Internetka ama baraha bulshada, qof ku weydiista ama kugu cadaadiyay in aad sameyso wax la xiriira galmoodka. Sida in aad iska qaado ama aad dirto sawiro.		
10. Qof adiga shaqsi ahaan kuu geysta faduulin. Kugu yiraahda waxyaabo aad u fool xun oo ku cabsi galiya.		
11. Qof faduulin kuugu geysta barta internetka. Kugu yiraahda waxyaabo aad u fool xun oo ku cabsi galiya.		
12. Qof aad kuugu dhow oo si lama filaan ah u geeriyooda ama rabshad ku dhinta.		
13. Daaweyn caafimaadka la xiriirta oo isku buuq iyo cabsi kugu dhalisa.		
14. Goob joog ka ahaa goob dagaal ka dhacay.		
15. Xaalado kale oo isku buuq iyo cabsi kugu dhaliyey?		
Faahfaahi: _____		

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Dooro 0, 1, 2 ama 3 sida ay waxyaabaha qaarkood kuu dhabeen labadii todobaad ee la soo dhaafay:

Labadii todobaad ee la soo dhaafay, imisa jeer ayaad dhibsatay:	Marna ma dhicin	Mar Mar	Kala bar	Mar kasta
1. Xusuusta waxyaabo iga xanaajiya ama sawiro wax horay u dhacay oo xusuustayda dib ugu soo noqda.	0	1	2	3
2. Riyo xun oo ku xusuusisa wixii horay u dhacay.	0	1	2	3
3. Dareemo in wixii horay u dhacay ay mar kale dhacayaan.	0	1	2	3
4. Aad u carooda marka la xusuusiyo wixii horay u dhacay.	0	1	2	3
5. Dareen xoog leh jirkaaga geliya marka lagu xasuusiyo wixii dhacay (dhidid, garaaca wadnaha oo degdeg ah, calool xuno).	0	1	2	3
6. Isku dayday in aadan ka fikrin ama aadan ka hadal wixii horay u dhacay. Ama aadan ka muujin wax dareen ah.	0	1	2	3
7. Ka fogaato dadka, goobaha, ama waxyaabaha ku xasuusin kara wixii horay u dhacay.	0	1	2	3
8. Aadan xasuusan karin wixii horay u dhacay.	0	1	2	3
9. Naftaada ama dadka kale aad si xun ugu fikirto. Aad ku fikirto in aadan nolol wanaagsan heysan, cidina aanay ku aamineyn, dunida oo dhan aysan amaan aheyn.	0	1	2	3
10. Naftaada aad ku dhaliisho wixii horay u dhacay, ama aad ku eedeeyso qof kale marka aysan khaladkooda aheyn.	0	1	2	3
11. Dareen xun oo ku gala marar badan sida (cabsi, xanaaq badan, dareento dambiilanimu, in aad naftaada dhaliisho).	0	1	2	3
12. Aan dooneyn in aad sameeyso waxyaabihii aad horay u qaban jirtay.	0	1	2	3
13. Dareemaya in aadan dadka sidii hore ugu dhaweyn.	0	1	2	3
14. Aan awoodin inuu dareemo farxad ama wanaag.	0	1	2	3
15. Dareemaya caro fara badan. Having fits of anger and taking it out on others.	0	1	2	3
16. Sameynaya waxyaabo aan amaan aheyn.	0	1	2	3
17. Aad u taxadaraya ama u feejigan (hubinaya dadka agagaarkiisa jooga).	0	1	2	3
18. Aad u fudfudud.	0	1	2	3
19. Dhibaato ku qaba inuu xoogga saaro.	0	1	2	3
20. Dhibaato ku qaba inuu gam'o ama hurdada ku nagaado.	0	1	2	3

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Fadlan dooro “HAA” ama “MAYA” haddii dhibaatooyinka aad dooratay ay saameyn ku yeeshaan:

Dhibaatooyinka su'aalaha hore lagu soo sheegay saameyn ma ku yeesheen nolashaada?	Haa	Maya
1. In aad dadka kale is fahamno	<input type="radio"/>	<input type="radio"/>
2. Hiwaayadda/waxyaabaha aad jeceshahay	<input type="radio"/>	<input type="radio"/>
3. Dugsiga ama shaqada	<input type="radio"/>	<input type="radio"/>
4. Xiriirka qoyska	<input type="radio"/>	<input type="radio"/>
5. Farxadaada guud	<input type="radio"/>	<input type="radio"/>