

## Zones of Adolescent Adjustment

	Green Zone Normal Adaptation	Yellow Zone Temporary Adjustment Reaction	Orange Zone Neurotic Symptoms	Red Zone Severe Maladjustments
<b>Balance of Satisfaction</b>	Usual Balance All spheres reasonably satisfying or not unpleasant	At least one trouble area Family relations strained Inability to accept criticism New, unfamiliar, questionable companions	Acknowledgement of alien distressing symptoms Persistent, predictable, and portable Marked decrease in pleasure from all areas	Nothing going well Parents giving up Isolation Passing acquaintances with criminals, addicts, down and out
<b>Quality of Responses to Stress</b>	For the most part high-level reactions Awareness of stress and effects Ability to appraise qualities of response No impedance of direct action	Extended periods of lower- level reactions Reduced awareness Adverse influence on other areas	Excessive, low-level reactions continue Stress obscured Self-protective reactions cause other problems	Stress relief mechanisms nonfunctional Responses major problem themselves Drug dependence
<b>Stability</b>	Generally stable Attempts at new behavior, attitudes Characteristic mood Sense of humor Feeling of relative well- being	Childlike, challenging, negative traits Emotional overreactions Heightened physical sensitivity Symptoms present	Crippling symptoms Overdriven traits Low energy Increased physical complaints	Out of character Disabling depression, anxiety, rage Poor self-care, health Exhaustion
<b>Mental Organization</b>	Variation with personality style Independent choices Rapid learning from experience	Variable Dependent on whim and external stimulation Slow profiting from experience	Chronic inefficiency Requirement for other's accommodation	Great impairment Near impossibility of doing required tasks
<b>Resources</b>	Intact Accessible	Shrinking range of enjoyable leisure activities	Few Huge effort required Little afterglow	Depleted

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Employee Assistance Program

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