

## RESPONSES TO STRESS – [Interpersonal Stress] (SR-P)

This is a list of things about having problems with other people that people sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Having conflict with a coworker	1	2	3	4
b. Having conflict with a good friend	1	2	3	4
c. Having difficulties with getting along with neighbors	1	2	3	4
d. Frequent arguments with partner/spouse	1	2	3	4
e. Conflicts with family members (i.e. parents, siblings, etc.)	1	2	3	4
f. Feeling isolated	1	2	3	4
g. Lacking a social support system	1	2	3	4
h. Having difficulties with a boss	1	2	3	4
i. Other: _____	1	2	3	4

**Circle the number that shows how much control you generally think you have over these problems.**

1	2	3	4
None	A little	Some	A lot

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

**Think of all the stressful parts of the difficulties in interpersonal interactions you indicated above.** For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have the problems with other people like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

<b>WHEN DEALING WITH THE STRESS OF PROBLEMS WITH OTHER PEOPLE:</b>	How much do you do this?			
	Not at all	A little	Some	A lot
1. I <b>try</b> not to feel anything.	1	2	3	4
2. When I have conflict with others, I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change or fix the situation. <b>Write one plan you thought of:</b> _____ _____	1	2	3	4
4. When faced with conflict with others, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I <b>keep remembering</b> what happened with the conflict or <b>can't stop thinking about</b> what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH OTHER PEOPLE:	How much do you do this?			
	Not at all	A little	Some	A lot
7. I let someone or something know how I feel. <i>(remember to circle a number.)</i> →	1	2	3	4
<b>Check all you talked to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
8. I decide I'm okay the way I am, even though I'm not perfect.	1	2	3	4
9. When I'm around other people I act like the conflict never happened.	1	2	3	4
10. I just <b>have</b> to get away from everything when I am dealing with the stress of conflict with others.	1	2	3	4
11. I deal with the stress of conflict with others by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I am dealing with the stress of conflict with other people.	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I am dealing with the stress of conflict with others, I just <b>can't</b> be near anything that reminds me of what is happening.	1	2	3	4
15. I <b>try</b> not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of conflict with others, I really don't know what I feel.	1	2	3	4
17. I ask other people or things for help or for ideas about how to make things better. <i>(remember to circle a number.)</i> →	1	2	3	4
<b>Check all you talked to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of the conflict or I have bad dreams about the conflict.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. <i>(remember to circle a number.)</i> →	1	2	3	4
<b>I do this by: (Check all that you did.)</b>				
<input type="checkbox"/> Writing in my journal/diary	<input type="checkbox"/> Drawing/painting			
<input type="checkbox"/> Complaining to let off steam	<input type="checkbox"/> Being sarcastic/making fun			
<input type="checkbox"/> Listening to music	<input type="checkbox"/> Punching a pillow			
<input type="checkbox"/> Exercising	<input type="checkbox"/> Yelling			
<input type="checkbox"/> Crying	<input type="checkbox"/> None of these			
21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. <i>(remember to circle a number.)</i> →	1	2	3	4
<b>Check all that you went to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
22. I <b>just can't</b> get myself to face the stress of conflict with other people.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of the conflict.	1	2	3	4
24. I do something to try to fix the stressful aspects of the conflict.	1	2	3	4
<b>Write one thing you did:</b> _____				
_____				

**You're half done. Before you keep working, look back at the first page so you remember the aspects of having problems with other people that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH OTHER PEOPLE:	How much do you do this?			
	Not at all	A little	Some	A lot
25. Thoughts about the stressful aspects of conflict with other people just pop into my head.	1	2	3	4
26. When I am dealing with the stress of conflict with others, I feel it in my body. (remember to circle a number.)→	1	2	3	4
<b>Check all that happen:</b>				
<input type="checkbox"/> My heart races	<input type="checkbox"/> My breathing speeds up	<input type="checkbox"/> None of these		
<input type="checkbox"/> I feel hot or sweaty	<input type="checkbox"/> My muscles get tight			
27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of the stressful aspects of the conflict.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of the conflict, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off the stressful aspects of the conflict or how I'm <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to conflict with others, I <b>can't stop</b> thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.)→	1	2	3	4
<b>Check all you went to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
33. When something stressful happens related to conflict with others, I <b>can't</b> always control what I do. (remember to circle a number.)→	1	2	3	4
<b>Check all that happen:</b>				
<input type="checkbox"/> I can't stop eating	<input type="checkbox"/> I can't stop talking			
<input type="checkbox"/> I do dangerous things	<input type="checkbox"/> I have to keep fixing/checking things			
<input type="checkbox"/> None of these				
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to conflict with other people, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When I am faced with the stressful parts of conflict with others, right away I feel really: (remember to circle a number.)→	1	2	3	4
<b>Check all that you feel:</b>				
<input type="checkbox"/> Angry	<input type="checkbox"/> Sad	<input type="checkbox"/> None of these		
<input type="checkbox"/> Worried/anxious	<input type="checkbox"/> Scared			
38. It's really hard for me to concentrate or pay attention when something stressful happens related to conflict with others.	1	2	3	4
39. I think about the things I'm learning from the conflict or the situation, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to conflict with other people, I <b>can't stop</b> thinking about what I did or said.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PROBLEMS WITH OTHER PEOPLE:	How much do you do this?			
	Not at all	A little	Some	A lot
41. When stressful parts of conflict with others happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of conflict with other people, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of conflict with other people by: (remember to circle a number.) → <b>Check all that you do:</b> <input type="checkbox"/> Exercising <input type="checkbox"/> Shopping <input type="checkbox"/> Watching TV <input type="checkbox"/> Reading <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these	1	2	3	4
44. When something stressful happens related to conflict with others, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of a conflict with others. (remember to circle a number.) → <b>Check all that you do:</b> <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these	1	2	3	4
46. I just freeze when I am dealing with stressful parts of conflict with others, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to conflict with other people I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to conflict with other people, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When something stressful happens related to conflict with other people, I <b>can't stop</b> thinking about <b>why</b> this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I am faced with the stressful parts of conflict with others.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to conflict with other people, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4
57. When I am dealing with the stress of conflict with other people, sometimes I <b>can't</b> control what I do or say.	1	2	3	4