

RESPONSES TO STRESS

Please put a check mark by all the things on this list that have been a problem for you in the **last 3 months**.

- Someone watched or followed you from a distance, or spied on you with a listening device, camera, or GPS.
- Someone approached you or showed up in places such as your home, workplace, or school when you didn't want them to be there.
- Someone left you strange or threatening items for you to find.
- Someone snuck into your home or car and did things to scare you by letting you know they had been there.
- Someone left you unwanted messages, including text or voice messages.
- Someone made unwanted phone calls to you, including hang-ups.
- Someone sent you unwanted emails, instant messages, or sent messages through social media websites.
- Someone left you cards, letters, flowers, or presents when they knew you didn't want them to.

***Circle the number that shows how stressful, or how much of a hassle these problems were for you.

1	2	3	4
Not at all	A little	Somewhat	Very

This is a list of things that people sometimes do, think, or feel when something stressful happens. Everybody 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 things.

Think of the situations you just checked off. For each item on the list 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 problems with other people like the ones you just checked off. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

	How much do you do this?			
	1	2	3	4
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When I have problems with other people I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change the problem or fix the situation. Write one plan you thought of : _____ _____	1	2	3	4
4. When problems with other people happen 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, smarter, or more popular so that things would be different.	1	2	3	4
6. I keep remembering what happened with other people or can't stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (Remember to circle a number.) ----->	1	2	3	4
Check all you talked to:				
Parent <input type="checkbox"/> Friend <input type="checkbox"/> Boyfriend/Girlfriend <input type="checkbox"/> Brother/Sister <input type="checkbox"/>				
Professor <input type="checkbox"/> God <input type="checkbox"/> Pet <input type="checkbox"/> None of these <input type="checkbox"/>				
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 problems never happened.	1	2	3	4
10. I just have to get away when I have problems with other people, I can't stop myself.	1	2	3	4
11. I deal with the problem by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I'm having problems getting along with other people.	1	2	3	4

	How much did you do this?			
	Not at all	A little	Some	A lot
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I have problems with other people, I just can't be near anything that reminds me of the situation.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When problems with other people come up I really don't know what I feel.	1	2	3	4
17. I ask other people for help or for ideas about how to make the problem better. ----->	1	2	3	4
Check all you talked to	(Remember to circle a number.)			
Parent <input type="checkbox"/>	Friend <input type="checkbox"/>	Boyfriend/Girlfriend <input type="checkbox"/>	Brother/Sister <input type="checkbox"/>	
Professor <input type="checkbox"/>	God <input type="checkbox"/>	None of these <input type="checkbox"/>		
18. When I'm having problems getting along with other people, I can't stop thinking about them when I try to sleep, or I have bad dreams about them.	1	2	3	4
19. I tell myself that I can get through this, or that I'll do better next time.	1	2	3	4
20. I let my feelings out. (Remember to circle a number.) ----->	1	2	3	4
I do this by: (Check all that you did.)				
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 <input type="checkbox"/>			
21. I get help from other people when I'm trying to figure out how to deal with my feelings. ----->	1	2	3	4
Check all that you went to:				
Parent <input type="checkbox"/>	Friend <input type="checkbox"/>	Brother/sister <input type="checkbox"/>		
Professor <input type="checkbox"/>	God <input type="checkbox"/>	Boyfriend/girlfriend <input type="checkbox"/>	None of these <input type="checkbox"/>	
22. I just can't get myself to face the person I'm having problems with or the situation.	1	2	3	4
23. I wish that someone would just come and get me out of the mess.	1	2	3	4
24. I do something to try to fix the problem or take action to change things.	1	2	3	4
Write one thing you did: _____				
25. Thoughts about the problems with other people just pop into my head.	1	2	3	4
26. When I have problems with other people, I feel it in my body. (Remember to circle a number.) ->	1	2	3	4
Check all that happen:				
My heart races <input type="checkbox"/>	My breathing speeds up <input type="checkbox"/>			
I feel hot or sweaty <input type="checkbox"/>	My muscles get tight <input type="checkbox"/>			
None of these <input type="checkbox"/>				
27. I try to stay away from people and things that make me feel upset or remind me of the problem.	1	2	3	4
28. I don't feel like myself when I have problems with other people, it's like I'm 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

How much did you do this?
 Not at all A little Some A lot
 1 2 3 4

30. I think about happy things to take my mind off the problem or how I'm feeling.

You're half done! Before you keep working, look back at the first page so you remember what kinds of problems with other people you told us about. Remember to answer these questions thinking about those problems.

31. When problems with other people come up, I **can't stop** 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

Check all you went to:

Parent Friend Brother/sister Boyfriend/Girlfriend
 None of these

33. When problems with other people happen, I **can't** always control what I do. -----> 1 2 3 4

Check all that happen:

(Remember to circle a number.)

I can't stop eating I can't stop talking
 I do dangerous things I have to keep fixing/checking things
 None of these

34. I tell myself that things could be worse. 1 2 3 4

35. My mind just goes blank when I have problems 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 have problems with other people right away I feel really: (Check all you feel.)

Angry Sad Scared Worried/anxious -----> 1 2 3 4
 None of these (Remember to circle a number.)

38. It's really hard for me to concentrate or pay attention when I have problems with other people. 1 2 3 4

39. I think about the things I'm learning from the situation, or something good that will come from it. 1 2 3 4

40. When I have problems with other people I **can't stop** thinking about what I **did or said**. 1 2 3 4

41. When something goes wrong with other people, I say to myself, "This isn't real." 1 2 3 4

42. When I'm having problems with other people I end up just lying around or sleeping a lot. 1 2 3 4

43. I keep my mind off problems with other people by: (Remember to circle a number.) -----> 1 2 3 4

Check all that you do:

Exercising Seeing friends Watching TV
 Playing video games Doing a hobby None of these

44. When problems with other people come up, 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 having problems with other people. -----> 1 2 3 4

Check all that you do:

(Remember to circle a number.)

Take deep breaths Pray Walk
 Listen to music Take a break Meditate None of these

46. I just freeze when I have a problem with other people, I **can't** do anything. 1 2 3 4

47. When I'm having a problem with other people, sometimes I act without thinking. 1 2 3 4

	How much did you do this?			
	Not at all	A little	Some	A lot
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 problems with other people happen 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 I have problems with other people, I can't stop thinking about why they happened to me.	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'm having a tough time with other people.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When a rough situation with other people happens, 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 it never happened.	1	2	3	4
57. When I have problems with other people, sometimes I can't control what I do or say.	1	2	3	4