

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

Even when things are going well, almost everyone still has some tough times getting along with other people. So that we can find out how things have been going for you lately, 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. Being pressured by others to do things you don't want to do	1	2	3	4
b. Having trouble making new friends/meeting new people	1	2	3	4
c. Asking someone out on a date and being turned down	1	2	3	4
d. Someone spreading rumors about you	1	2	3	4
e. Problems with your long-distance romantic relationship	1	2	3	4
f. Changes in your romantic relationships (e.g. a break-up)	1	2	3	4
g. Social networking site issues (e.g. someone posting something on facebook that you didn't want posted)	1	2	3	4
h. Not being invited to do things with others	1	2	3	4
i. Being teased/hassled by friends or other people	1	2	3	4
j. Not having as many friends as you'd like	1	2	3	4
k. Arguing with friend(s)	1	2	3	4
l. Someone stopped being your friend	1	2	3	4
m. Having problems with your roommate	1	2	3	4
n. Friends doing things that make you uncomfortable or that you disagree with	1	2	3	4
o. 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 the situations you just checked off.** 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 are trying to deal with the stressful aspects of problems with friends or 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>	<b>How much do you do this?</b>			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of having 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 or fix the situation. <b>Write one plan you thought of:</b> _____ _____	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
4. When faced with the stress of having problems with other people, 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 stress of having problems with other people or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) → <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	1	2	3	4
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 stress of having problems with other people 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 having problems with other people.	1	2	3	4
11. I deal with the stress of having problems with other people 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 having problems 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 having problems with other people, 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 having problems with other people, 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> ) → <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	1	2	3	4
18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of having problems with other people or I have bad dreams about problems with other people.	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> ) → <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	1	2	3	4
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> ) → <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	1	2	3	4

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

<b>WHEN DEALING WITH THE STRESS OF PROBLEMS WITH OTHER PEOPLE:</b>	<b>How much do you do this?</b>			
	<b>Not at all</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
22. I <b>just can't</b> get myself to face the stress of having problems with other people.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of having problems with other people.	1	2	3	4
24. I do something to try to fix the stressful aspects of having problems with other people. <b>Write one thing you did:</b> _____	1	2	3	4
25. Thoughts about the stressful aspects of having problems with other people just pop into my head.	1	2	3	4
26. When I am dealing with the stress of having problems with other people, I feel it in my body. (remember to circle a number.) → <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	1	2	3	4
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 having problems with other people.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having problems with other people, 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 having problems with other people or how I'm <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to having problems with other people, 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.) → <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	1	2	3	4
33. When something stressful happens related to having problems with other people, I <b>can't</b> always control what I do. (remember to circle a number.) → <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	1	2	3	4
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 the stress of having 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 am faced with the stressful parts of having problems with other people, right away I feel really: (remember to circle a number.) → <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	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to having problems with other people.	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
39. I think about the things I'm learning from the stress of having problems with other people, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having problems with other people, I <b>can't stop</b> thinking about what I did or said.	1	2	3	4
41. When stressful parts of having problems with other people happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of 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 stressful parts of having problems 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 having problems with other people, 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 having problems with other people. (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 having problems with other people, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to having problems 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 having problems 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 having problems 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 having problems 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 something stressful happens related to having problems 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 having problems with other people, sometimes I <b>can't</b> control what I do or say.	1	2	3	4