

Stress, Anxiety and Fear

Stress

1. What according to you is stress?
 - What is your definition of stress?
 - Why do you say that?
 - What makes you say that?
 - What does stress mean to you?
2. How do you know that you are stressed?
 - What signals that you are stressed?
 - What happens when you get stressed?
 - What are the physical or emotional sensations you have when you are stressed?
 - How have you identified that you are stressed out?
 - What makes you say that you are stressed?
 - Are there any incidents that tell you or prove to you that you are stressed?
3. Which one of those problems/ stresses stands out for you the most right now?
 - What was the trigger point for you?
 - What incident or situation signaled you stress now?
 - What happened for you to feel this particular stress so strongly?
 - Could you tell me more about the situation?

- What are the factors from the environment that caused your stress now?
- What other factors caused your stress now?

4. How do you generally respond to stress or stressful situations?

- Do you have a series of steps you take?
- What do you do to calm yourself?
- What do you normally do for relaxation?
- What do you usually do when your stressed or in a stressful situation?
- How do you deal with it?
- Can you explain what goes through you head when you are in a stressful situation?
- How do you react to stress?

5. What causes your stress?

- Can you specify a particular event/ person/ situation that trigger your stress?
- In the past, what has been the most frequent/ common stressor?
- Can you explain how this particular stressor causes the stress?
- What exactly about the situation triggers the stress?
- Is there a particular factor or aspect of the situation that contributes most to your stress?
- What intensifies your stress?
- What makes it worse?
- What attributes to your stress?
- What leads to you feeling stress?

- What happened this time for you to feel so stressed?
- What were the factors involved in aggravating and maintain you stress?

6. How have you dealt with stress earlier?

- Have there been any particular thoughts/ actions that make you feel better?
- What has helped you when you have been stressed before?
- What did you do?
- What made it better?
- How did you overcome the stress?
- Did it help?
- Is there something specific that you do for your stress to go down/ to calm yourself down?
- What have you done earlier to help you relax?

7. What can you do or what needs to happen for the stress to reduce?

- How can you go about achieving this?
- What are the steps you can take?
- What are the things you can do?
- What can you do now to help you relax?
- What sort of support would you need?
- Can you think of anyone or anything that can give you this support?
- What resources would you need for this to happen?
- How can you get these resources?
- Where can you get these resources/ help from?

8. Do you feel that you can change to help alleviate some of the stress?

- How do you think you can change or adapt?
- What sort of changes do you need to make?
- How will these changes help in decreasing the stress?
- What effects will these changes have?
- What sort of impact will these changes have in your current situation?
- How will the changes you make help you?
- Are you willing to make these changes?

9. Have there been any major changes in your life lately?

- What kind of changes?
- What has happened?
- How did it affect you?
- How is it affecting your life and other areas of your life?
- Do you think this big change is contributing to your stress?
- How is this adding to your stress?
- How does it make you feel?
- How do you feel about this change?
- Has there been a change that has upset you?
- How did you react/ have you reacted to this change?
- What would you have rather done/said?

Anxiety

10. What does anxiety mean to you?

- What is your definition of anxiety?
- Why do you say that?
- What according to you classifies as being anxious?

11. What makes you anxious?

- What do you generally worry about?
- What worries you most?
- What sort of situations makes you anxious?
- What about these situations makes you anxious or nervous?
- Are there specific situations or people that make you feel even more anxious than usual?
- Is there something/ someone troubling you?
- What sort of thoughts makes you anxious?
- What kinds of things do you get anxious about?

12. What are the signs that tell you that you are feeling anxious?

- What triggers your anxiety?
- What signals that you are anxious?
- What are the physical sensations you feel?
- What emotions or feelings do you have when you are anxious?
- What happens when you are anxious?
- How do you feel?

13. Has this happened before?

- What has happened in the past when you have been in a similar situation?
- What was the situation that triggered your anxiety?

- What did you do?
- How did you react?
- How have you handled or dealt with earlier situations?
- What do you do to relieve your anxiety?
- Has it worked?
- How effective is it?
- Is there something else you would like to try?
- How did you overcome the situation earlier?
- What did you do that helped in that situation?
- How effective was it?
- Is that something you can adopt now?

14. What makes you scared or uncomfortable?

- Why does this make you uncomfortable?
- What about it scares/ worries you?
- What effect does this have on you?
- How does this impact different aspects of your life?
- Is it something that you have to face?
- How do you think you can manage or adapt to it?
- What can you do to adapt to it?

15. Do you experience intense anxiety that leads to attacks?

- Can you describe this intensity?
- Can you tell me what happens in these attacks?
- What are the physical sensations you have?
- What happens to you in an extreme case?

- What do you do when this happens?
- How do you cope with it?
- Have you overcome an episode like this in the past?
- How did you do it?
- Was it effective?
- Did it help?
- What more would you like to do?

16. Do you think that you have done well so far? In studies...

- What makes you say that?
- Why do you feel negative about it?
- What has affected your performance?
- Did your anxiety cause this?
- Was this the cause of your anxiety?

17. What are your options to get yourself better?

- What can you do?
- How can you go about achieving this?
- What are the steps you can take?
- What are the things you can do?
- What can you do now to help you relax?
- What sort of support would you need?
- Can you think of anyone or anything that can give you this support?
- What resources would you need for this to happen?
- How can you get these resources?
- Where can you get these resources/ help from?

Fear

18. Do you have an abnormally high level of fear about something specific?

- What kind of fear is this?
- What object/ situation makes you afraid?
- What about the object/ situation makes you so afraid?
- What is it that scares you?

19. What happens when you are thinking about or faced with your fear?

- How do you feel?
- What are the emotions that go through you?
- What are the physical sensations that occur when you are confronted by your fear?
- What are the thoughts that go through your head?

20. How far back can you think to the point that this fear started?

- When is the earliest memory of you reacting with fear to this specific thing/ situation?
- What was the incident that happened prior to that?

21. What comforts you when you have this fear?

- How effective is this?
- Is it something feasible/practical?
- Do you have access to it at all times?
- Can it be substituted by something else?
- What else can you try to comfort yourself?
- What would you require?

22. What are the possible reasons for your fear?

- Was there something in your past that made you like this?
- Does somebody else in your family or friends have similar fears?
- What caused you to have this fear?
- Can you pinpoint the exact reason for your fear?

23. Are there any circumstances under which your fear is increased or decreased?

- What about those situations makes it better?
- What aspects of those situations make it worse?

24. What helps to reduce the fear?

- What can you do to reduce the fear?
- What do you need to feel safer?
- What do you think you can do to cope with the fear?
- Is there something someone else can do to help?
- What can you do to help yourself?