

## Stress and Coping Questions for Teens

What is something that frustrates you?

Where and when do you feel most relaxed?

What is the happiest thing that ever happened to you?

What bugs you or bothers you the most?

Talk about three things that you are thankful for.

Name three things that could cause a person to feel sad.

What is something you believe about your future?

Name three things you can do to cheer you up when you are sad.

# Stress and Coping Questions for Teens

What is the worst feeling a person can have? Why?

What does stress feel like to you?

Tell about the best thing that happened to you in the last few days.

Tell about something that makes you feel angry. What can you do so that you won't feel so angry?

What do you do when you can't fall asleep?

What is something you can say to yourself when you feel stressed?

What disappoints you the most?

What makes you laugh?

## Stress and Coping Questions for Teens

Do you tend to have a positive or negative attitude? What do you think your friends would say?

Tell about a good deed you did recently.

Do you have a place that makes you feel safe?

Where is a peaceful place you can go when you are upset?

Is it okay to feel happy when someone is sick?

What is something you can do when you start to feel stressed?

If stress is stuffed inside too long it can cause aches and pains in your body. Where might these be?

Tell about a time when you got through something difficult. How did you feel afterward?

## Stress and Coping Questions for Teens

Who are the people you can talk to about your stress?

What kind of music helps to relieve your stress?

Who is someone who always knows how to cheer you up?

What can you do to help yourself feel less stressed during class?

If there was one thing that you could make disappear, what would it be?

If you could change one thing about your life, what would it be?

Who is one person that understands your stress?

Who is one person that you can always count on?

## Stress and Coping Questions for Teens

What is your source of power or hope?

Name three things that make you angry.