

REACTIONS TO **STRESS**

DIRECTIONS: Read the following stressful situations. For each one, give an example of each of the typical reactions to stress (**ACTING OUT**, **WITHDRAWAL**, **TAKING CONTROL**).

1. You are walking home from your friend's house at 10 p.m. Your friend did not want you to go alone because of a recent brutal mugging in the neighborhood, but you reassured your friend that you would be okay. Halfway home you hear footsteps behind you, but when you turn around you do not see anyone.

A. An example of **ACTING OUT** would be

C. An example of **TAKING CONTROL** would be

B. An example of **WITHDRAWING** would be

2. You and your friend are home on a Saturday night because your boy/girlfriend went out with friends. You decide to go to the movies. When you walk into the theater, you suddenly see your boy/girlfriend in the back row making out with someone.

A. An example of **ACTING OUT** would be

REACTIONS TO **STRESS** continued

B. An example of **WITHDRAWING** would be

C. An example of **TAKING CONTROL** would be

3. You have been doing poorly in history and tomorrow is the final. You study all night, and think you're finally prepared. When you get the exam the next day, you realize you studied all the wrong chapters.

A. An example of **ACTING OUT** would be

C. An example of **TAKING CONTROL** would be

B. An example of **WITHDRAWING** would be
