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Dyad Questions

1. From 1-10 how stressed are you right now?
2. Do you find it hard to identify stress and its sources?
3. What is the most stressful thing in your life right now? Why?
4. How do you personally manage stress?
5. Do you think there is any stress you could cut out of your life right now? How could you cut it out?
6. Do you ever let stress get the better of you? Why?
7. What do you think is the root of most of your stress right now?
8. Are there things you get stressed about that others would find weird? Why does that stress you out?
9. Are there things you don't get stress about that you feel most people do? Why don't you get stressed out?
10. Do you feel that you can handle your stress on your own or not? Why?
11. Do you have anyone you can talk to about your stress and what you can do about it? Who?
12. When was a time you found it difficult to manage your stress?

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