

Name: _____

Reread *My Best Friend ... NOT!* and look for the different sources of stress that Rina experiences. You can also note stressors that you have experienced. Make brief notes about how you felt or reacted in those situations.

Source of Stress	For Rina	For Me	Feeling or Reaction
Starting school			
Starting a new activity (club, team, arts program, etc.)			
Moving to a new house or school			
Making new friends			
Wondering if I will be accepted by other kids			
Fighting with my parents			
Fighting with my brother or sister			
Fighting with a friend			
Wearing the right clothes, shoes, etc.			
Being left out or not chosen			
Not being good enough at a subject or activity			
Adults not listening to me			
Having to make difficult decisions for myself or others			
Ending an important relationship with a friend			
Bullying in person			
Cyberbullying			
Doing something that I was not comfortable with because of peer pressure			
Parents giving me too many jobs and responsibilities			
Death of a pet			
Personal injury or health issue			
Speaking up in class (public speaking)			
Threat of violence in school or community			
Dealing with a big change in my schedule			
Not getting enough sleep			