

STRESS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What images spring to mind when you hear the word 'stress'?
- 2) Are you stressed at the moment?
- 3) What stresses you out?
- 4) What do you do to relieve your stress?
- 5) Is learning English stressful?
- 6) Is life becoming more or less stressful?
- 7) Who stresses you out the most?
- 8) What stresses you about walking in the streets?
- 9) Do you think technology is stressful?
- 10) How dangerous do you think stress is?

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STUDENT B's QUESTIONS (Do not show these to student A)

- 1) What's the best stress reliever you know of?
- 2) Who do you give stress to?
- 3) Does watching TV make you stressed?
- 4) What things do you get stressed about that you wish you wouldn't?
- 5) Who's the most stressed person you know?
- 6) Would you ever go to stress management classes?
- 7) What was the most stressful time of your life?
- 8) Can stress be a positive thing?
- 9) How do you interact with others when you are under a lot of stress?
- 10) Have you ever snapped after being under too much stress?

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