

My Stress Tolerance

Everyone has their own level of comfort, and different things affect us all differently. Some people get easily stressed or annoyed, and others don't react much. We are interested in learning about situations when you might get stressed or nervous and what things have helped you deal with these reactions.

Please tell us how you react or what you do to cope when you get very:

Fearful

Angry

Frustrated

Confused

Do you use fidgets, comfort objects, or repetitive behaviors to reduce your stress or anxiety? If so, please describe them.

Please also tell us more about specific things you might want to do in each of these situations.