

Example Scenarios

Scenario # 1

Bobby is 17 years old. He is having some problems with his girlfriend. He feels that she is always checking up on him and says that she doesn't trust him. He is feeling a lot of stress from this situation. He can't seem to concentrate or getting anything done at school.

Scenario # 2

Sherri is 15 years old. She can't stand walking home from school every day. She gets harassed and called names by men in her neighborhood. She is so anxious and stressed by the problem that she hasn't been able to get enough sleep.

Scenario # 3

Manuel is 16 years old. Every day, he is getting into arguments with his math teacher. He feels that his teacher is treating him unfairly. Since he is so stressed out over this problem with his teacher, he gets angry with everyone else in his life including his mother and little brother.

Scenario # 4

Angela is 16 years old. She feels like her mom puts too many responsibilities on her at home, such as taking care of her little sister every day. She can't stop thinking about all that she needs to get done at home and school.

Scenario # 5

Ella is 17 years old. She just heard that someone at school has been talking about her and telling stories on social media that are not true. This problem is really starting to get to her.



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