Stress and Anxiety Disorders

For Each Scenario Do the Following

Identify Which Form of Stress Disorder it Is (It could be more than one)
What Coping Mechanism Is Used
Whether Or Not It is Adaptive or Mal-Adaptive
Justify Your Answer With At Least Two Full Sentences

1. A person sees a spider, runs away screaming, and in their panic knocks over their significant other because of the fear the spider caused them. Knocking into their significant other might or might not have been intentional.

2. In order to present at a major conference a professional drinks alcohol prior to every speech he gives that week. It does make it to where he can drink with less anxiety however, but the anxiety is still there in the back ground. He never drives while drinking however and takes taxies everywhere.

3. Suddenly the unbidden thought that a persons significant other is going to break up with them enters their mind. They begin to have trouble breathing, their heart rate and blood pressure skyrocket, and they start to feel dizzy. In response they light a series of cigarettes, eventually burning through a pack in an hour. Yet they feel that it helped them calm down.

4. A person constantly is calling a friend for reassurance about their relationship with their significant other, and the stress never really goes away. Occasionally it flares up in moments where the person feels tightness in the chest, a little dizzy and hard time breathing. In response the person becomes much shorter tempered. Due to this the person begins to be mean to their friends who they don’t talk to every day.

5. A person who is stressed because they feel their significant other doesn’t care about them as much as they do. In other words, they don’t think the feelings are equal. This leads to a constant stress and relying upon friends
for support, constantly talking to them about it, and when the significant other is around being exceptionally reluctant to let them leave or to leave them. In attempting to cope with this the person suddenly is unable to talk.

6. A person who lives in the country sees someone who doesn’t look like them driving a new car down the road and into their driveway. This induces an increased heartrate, breathing trouble, and lightheadedness. Because of this the man believes that the person is there to hurt him, and grabs his shotgun putting two rounds of buckshot into the hood of the new car.

7. A person who has an extreme, truly extreme, fear of speaking in public starts drinking everyday because everyday he must speak in front of people. Failure to drink leads to tightness in the chest, difficulty breathing, increased hear rate, and light headedness. His family has mentioned their concerns to him, but he continues to insist that he is fine. He continues to drink each morning and night, and actually drives to work, and drinks there as well. All to keep the extreme fear of speaking in public in check.

8. A person in their mid 30s and must have the some type of light on at night, if they are ever in complete darkness they being to feel an extreme change in heartrate, and at the same time nearly pass out because they cannot think due to what feels like a lack of air and an increase in blood pressure. In order to solve this issue after getting a new significant other the person starts to put a night light in the wall and is sometimes discovered hugging themselves while sleeping in a fetal position.

9. A man forgets his wife’s birthday, and has an irrational fear that she will be angry enough to leave him, despite them having been married 10 year and this being the first time it has happened. He feels a constant anxiety even after she explains that everything is okay. He begins talking with his best friend about his sudden feelings of insecurity in the relationship. Yet he
starts accusing his secretary at work of not doing her job and caring about him during this whole time period while he is dealing with the stress.

10. A couple in their 80s has a major issue with being separate from each other, and nearly always experience some stress. This gets worse if one of them is in a public area, and leads to a constant stress where they are always talking to friends and each other about the time when they are separated. After they discuss it together at some length and the stress is pretty bad, they decide that the problem is beyond their control and thus decide to seek therapy from a psychologist on the recommendation from a friend.