**XS Stress Followup**

SARAH

"I started very superficially cutting and then it gradually became more and more and a lot more serious. It was never to kill myself; it was just for the rush ... just knowing that I had control over something made me feel better."

KIRA

"I was dyslexic through all of my school years and I didn't know it and my parents didn't know it and my teachers didn't know it ... They just thought I was a big mouth and a troubled child who wanted to disrupt the class and ... I got this temper."

JARREL

"One day I just told them. You are wasting your time. I know who I am and you don't. You probably just bully me because you are insecure yourselves. Standing up to them really made a difference and they went away."

KYRA

Excerpt from Stress: This is my Life (spoken word piece)

''This is my life, tryin' to be like the rest, be like the best, dress to impress, pass every test with 90 percent, no less and yes the stress it gets me down, wishing to drown it out and all around they shout and shout, can't take the sound, their expectations pound out a path for me, see I need attention, I breathe acceptance, fam­ily keeps neglecting me so I try to please but they don't see the effort only the resentment, discontent meant to send the message of my burden."

Considering these quotes and what you learned about these people in the film, which one do you see yourself in the most? Your life is probably very different. You look different, do different things, and have different experiences, but looking at who these people are and how they feel, which one sounds most like you? (e.g. You might feel a need/desire for more control in your life, like Sarah, even if you aren’t depressed and suicidal and you don’t like punk rock, tattoos, and piercings.)

Please write a minimum of ½ page (single spaced) comparing yourself to one (or more) of these people. If you really aren’t comfortable writing about yourself, compare a friend or family member. You do not have to reveal anything overly personal about your life. I will read these, but nobody else ever will, unless you choose to share.