WORKSHEET 136 · FOR THE PSYCHOLOGIST

My two questions in the face of stress

What is at stake? What can I do?

AIM

Make explicit the two appraisals of Lazarus and Folkman's model (what is at stake: loss, threat or challenge; available resources) in a stressful situation, and identify forgotten resources.

WHO IT IS FOR

Stress at work or in studies, transitions, situations that seem "too much".

DURATION

15-20 min

HOW TO RUN IT

1. Introduce the two questions: "What is at stake for me?" and "What can I do, with what resources?".
2. The person classifies what is at stake: loss, threat or challenge (several answers are possible).
3. They list their resources (personal, social, material, time, information), including those they forget.
4. They rate their stress before and after going through their resources.

POINTS TO WATCH

> Don't minimise what is really at stake: the aim is to assess more fairly, not to force things into perspective.

REFERENCES

Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal, and Coping. Springer.

Folkman, S., Lazarus, R. S., Dunkel-Schetter, C., DeLongis, A. & Gruen, R. J. (1986). Dynamics of a stressful encounter: Cognitive appraisal, coping, and encounter outcomes. Journal of Personality and Social Psychology, 50(5), 992-1003.

PSYCHOLOGIST'S NOTES

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WORKSHEET 136 · WORKSHEET TO HAND OUT

My two questions in the face of stress

According to the psychologists Lazarus and Folkman, we feel stress when what a situation demands seems to exceed what we have. Without realising it, we ask ourselves two questions: “What is at stake for me?” and “What can I do?”. Writing them down helps you see more clearly.

1. Describe the situation that is stressing you.
2. Write what is at stake for you, and whether it is more of a loss, a threat or a challenge.
3. List your resources: qualities, people, time, money, information, experience.
4. Rate your stress from 0 to 10 before and after making the list.

The situation	What is at stake (loss, threat, challenge)	My resources	Stress before / after (0-10)

A resource I had forgotten:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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