

CHAPTER 7 QUESTIONS

1. In what ways have you experienced stress or “distress” in your life? Explain. What are the things in your life that helped you cope better and become more “resilient”?

2. What are some of the strategies that Harry uses in this chapter that help him manage his worries? Be specific.

3. Please complete the following vocabulary chart. Write down definitions that you clearly understand.

Vocabulary Word	Page #	Dictionary Definition
Grimace		
Mutilating		
Banshee		