

# DISTRESS QUESTIONS

1. How did Professor Lupin train Harry to defeat the Dementor?

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2. What were the specific instructions Professor Lupin gave Harry? What advice did he give him? Please include specific quotes from the novel with page numbers.

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3. How could someone dealing with distress apply Professor Lupin's advice to their own lives?

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4. Should Harry have expected his distress to disappear immediately?

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5. Is Harry's experience dealing with his distress realistic (i.e., for someone facing their real-life fears)? What can we learn from this in terms of dealing with distress in our own lives?

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