1. How does Raina describe herself? Nervous, self-conscious, shy, quiet
2. How would you describe her? Funny, happy, supports/stands by friends, day dreamer
3. In what ways are you like Raina/What ways are you different?
4. What causes Raina to have her first panic episode? She was worried about vomiting.
5. What did Riana’s panic episode feel like to her (pg. 20 - 23)? Have you ever felt that way? How would you describe it?
6. Raina was nervous about doing LDT in front of the class. What thoughts was she having that made her feel bad? What made her feel better? (pg. 34 - 36)
7. What were the factors that contributed to Raina increased anxiety? Bully at school, poor grades, people puking, not eating, not sleeping
8. Was Raina’s fear of vomit rational or irrational? Irrational because she was worried even when her brother got better, it stopped her from doing everyday things like going into the house, going to school, eating and sleeping.
9. Who does her family take her to? Therapist
10. How did Raina feel about talking to a therapist at first? (pg. 74 - 77)
11. Raina said “thoughts can exist but words do not always exist” have you ever felt this way?
12. What did the therapist say that made her feel better? Try
13. How did Raina’s fears affect her relationships with friends? She had trouble saying how she felt so ended up giving her way her whole lunch. She worried about friends germs so she asked personal questions that made them uncomfortable.
14. What did the therapist help Raina realize? She was worrying about things she could not control (like what other people eat) (pg. 105 - 107)
15. What did Raina notice was changing about the girls in her class? They were more secretive, moody, leaving people out. Signs of puberty
16. How did Raina’s parents try to help her get more privacy? How do you get privacy at home/school? Have you talked with your parents about getting more privacy?
17. What strategies did Raina use to feel better when her brother was crying in the back seat and when her friend found out she had to move? Looking at the good side of things. (pg. 133/137)
18. Make your own feelings scale 1 - 10 (pg 149)
19. Mindfulness - (pg. 149 - 157) What strategies do you use to calm down when you are a 5 or higher? Can you give an example when you have used these strategies?
20. What changed that caused Raina to start having stomachs again? (pg. 160) Was there ever and event in your life that caused you to change how you were feeling?
21. Do you think therapy helped Raina?
22. Did talking to others about how she felt help or hurt Raina? How did she feel when she did not talk about her feelings? (lonely, different then others, weird)
23. Who do you talk to about your feelings? Is it hard?