

Personal Issues

1. To find a solution to a problem/to solve a problem/to resolve a problem
2. To suffer from depression/frustration/stress
3. To handle stress
4. to get back to a normal state
5. to be subjected to smth
-As a child he was subjected to violence
6. to have mood swings
7. to cope with difficulties
8. to find support
9. to be an outcast
10. to experience a grave loss
11. to prevent smb from doing smth
12. personality crisis
13. to be abused
14. to be bullied

The list of most common personal issues:

Some Common Causes of Emotional Distress

Changes in Relationships

- physical separation from family/friends
- difficulties in dating or family relationships
- relationship break-up
- separation or divorce
- severe illness of family member/friend
- death of family member/friend

Transitions

- starting or finishing college
- relocation, moving house
- new/added responsibilities
- change in status
- adapting to new culture or country

Academic Issues

- under-preparedness for program
- inadequate learning skills
- poor academic performance or failure
- uncertainty regarding chosen career or program
- 'culture' shock

Violence

- harrassment
- physical assault
- sexual assault
- witnessing violence

- flashbacks triggered by stress

Health Issues

- acute illness
- chronic illness
- stress related illnesses
- pregnancy

Answer the following questions:

- 1. what is your understanding of the term ‘personal issues’?**
- 2. Can you handle stress? What are the ways to calm down?**
- 3. Do you suffer from depressions?**
- 4. What personal issues can prevent one from doing one’s job?**
- 5. Do you keep you private life separate from your worklife?**
- 6. How can our personal issues affect our career?**
- 7. Do you have mood swings? How often?**
- 8. Have you ever been an outcast? Why do people become outcasts?**
- 9. Were you bullied at school?**
- 10. Check the most common personal issues listed above. What seem the most important and the least important to you? What have you experienced in your life?**
- 11. Where do you usually find support when you have problems?**
- 12. What are you worried about at the moment?**
- 13. What is your main issue of concern in general?**
- 14. Have you ever quitted a job for personal issues? What were they?**