

Student Name: _____

Exploration: FACE Scenarios

Scenario 2

Casey and Zack: When Love Feels Overwhelming

Casey and Zack have been dating for about a year. At first, everything was amazing! Zack made Casey feel special, always complimenting her and wanting to spend all their time together. Casey loved the attention and how close they were.

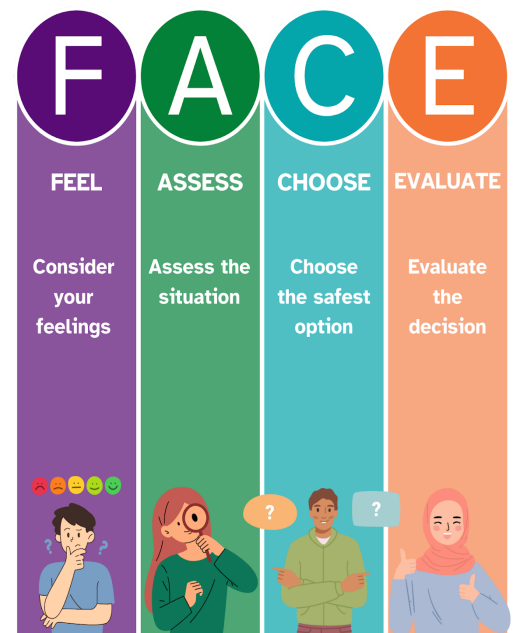
But after a few months, things started to change. Zack would comment on how Casey dressed, saying things like, “Do you really think that’s appropriate?”. He got upset when Casey wanted to hang out with her friends and would accuse her of cheating if she went anywhere without him. Zack got especially jealous whenever he saw Casey talking to another guy. Zack would accuse Casey of not caring enough about him.

Casey told herself that Zack only acted this way because he loved her so much. She stopped seeing her friends to make Zack happy. But now, Casey often feels stressed and anxious. She worries constantly about making Zack angry or doing something he might not like.

One night, after another argument about Casey texting a friend, she feels overwhelmed. Casey remembers seeing a bottle of anxiety pills that her mom uses for her own stress. She thinks, *Maybe if I take one of these, I’ll feel calmer and I can stop worrying about everything so much.*

Casey takes the bottle and reads the label. It warns against taking it without a doctor’s advice. But Casey thinks, *It’s just one pill. Mom uses them, and she seems fine. Maybe it’ll help me feel better about Zack and I’ll stop being so stressed out all the time.*

How should Casey FACE the situation?



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Feel

1. How do you think Casey might feel in this situation? Why might Casey feel this way?
2. Who else might have feelings about this situation?

Assess

3. What are Casey's choices?

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4. What factors or influences might affect Casey's decision?

5. Who can help Casey make this choice?

Choose

6. What is the safest choice Casey can make?

7. How can Casey communicate her choice to Zack?

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Evaluate

8. How might Casey's choice impact herself and others?

9. Who could Casey talk to about the choice she made?