SUGGESTED INTERVIEW QUESTIONS
for Why Am I Feeling Like This? and Why Is My Teenager Feeling Like This?

1. Your book shares helpful statistics about the rise of anxiety and depression among teenagers. What do you think are some of the reasons behind these increasing numbers?

2. Can you share a bit about your personal experience with anxiety and depression?

3. Why do you think teens often keep silent about their struggles with anxiety and/or depression?

4. What would you say to a teenager or parent who is hesitant to see a doctor or seek medication for anxiety and depression? Would you offer any caution or advice to a teen who is using medication?

5. What role can Scripture and prayer play in helping a teen who struggles with depression or anxiety?

6. How do you think our increasingly digital and media-focused culture has impacted teen depression and anxiety rates?

7. What advice do you have for parents who feel helpless in the face of their teenager’s depression or anxiety?

8. What are some ways parents could unintentionally be hurting rather than helping their teenagers in the battle against anxiety and depression?

9. How can other adults who aren’t the struggling teenager’s parents, such as teachers or pastors, offer help and encouragement?

10. How would you encourage teens (and their families) who are actively taking some of the steps in your book but not seeing much improvement?