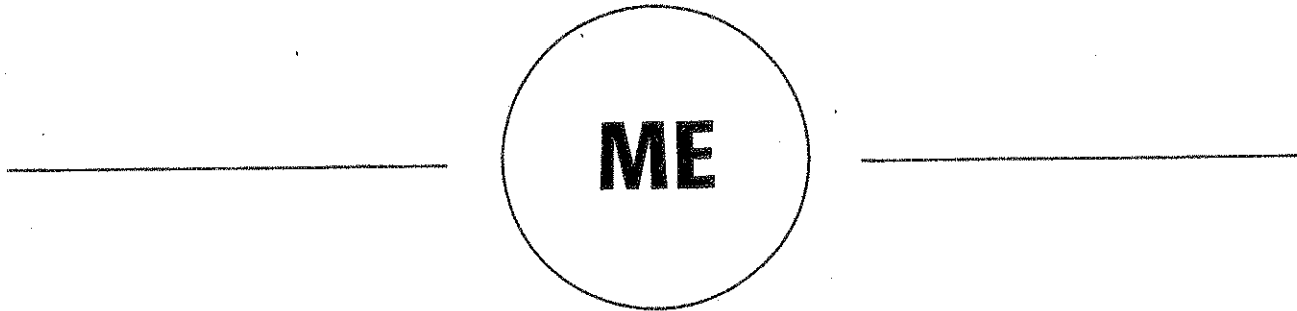


Stress Test

Directions: Identify two specific stressors in your life. Write a word or phrase to identify each stressor on one of the lines below.



1. Choose one of the stressors you named and answer the following questions.

a. What details help explain this stressor? _____

b. How do you feel about this stressor? _____

c. Why do you feel stress in response to this person, thing, event, or situation? _____

d. What unsuccessful efforts have you made to manage this stressor? _____

2. List three specific strategies you can use to manage or cope with the stressor.

a. _____

b. _____

c. _____