

## **A STRESS JOURNAL**

- 1) DESCRIBE A SITUATION WHERE YOU EXPERIENCED STRESS OR ANXIETY IN YOUR LIFE:**  
...WHO WAS INVOLVED?  
...WHAT HAPPENED?  
...HOW DID YOU HANDLE THE SITUATION?  
...HOW DID YOU FEEL AFTERWARD ABOUT THE SITUATION AND WHAT YOU HAD DONE TO ADDRESS IT?
- 2) HOW STRESSED/ANXIOUS (ON A SCALE OF 1-10) DID YOU BECOME IN THE SITUATION?**
- 3) WHAT WAS YOUR NEGATIVE SELF-TALK/NEGATIVE REHEARSAL IN THIS SITUATION (I.E. WHAT WERE YOU SAYING TO YOURSELF AT THE TIME)?**
- 4) WHAT OTHER “CUES” OR “TRIGGERS” DID YOU EXPERIENCE BEFORE OR AT THE TIME?**  
...PHYSICAL SIGNALS  
...EMOTIONAL REACTIONS  
...WORDS OR PHRASES THAT WERE SAID TO YOU OR BY YOU TO SOMEONE ELSE
- 5) WHAT DID YOU WANT (I.E. WHAT WAS YOUR GOAL) IN THIS SITUATION:**  
...FOR YOURSELF?  
...FOR THE OTHER PERSON?
- 6) WHAT POSITIVE SELF-TALK DID YOU USE (OR COULD YOU HAVE USED) TO HANDLE THIS SITUATION MORE EFFECTIVELY?**
- 7) WHAT DID YOU LIKE ABOUT HOW YOU HANDLED THIS SITUATION?**
- 8) WHAT DIDN'T YOU LIKE ABOUT HOW YOU HANDLED THIS SITUATION AND WHAT WOULD YOU DO DIFFERENTLY IN THE FUTURE?**