

# ***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?