

My Personal Stressors Worksheet

Name: _____ Date: _____

Instructions: Think about the times that you felt stress over the last week. Be specific in your answers.

1. I felt stress when:

Where was I? _____

What was I doing? _____

Who was I with? _____

2. I felt stress when:

Where was I? _____

What was I doing? _____

Who was I with? _____

3. I felt stress when:

Where was I? _____

What was I doing? _____

Who was I with? _____

