

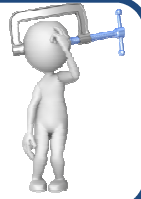
Client name:

Keyworker:

Date: / /

Things That Stress Me Out

What situations stress me out?



What do I feel physically in these situations?

What feelings do I have in these situations?

How do I normally react to stress?

What is good about reacting like this?

What is bad about reacting like this?

How could I react differently?

How would I benefit from reacting in a new way?

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful