

DEALING WITH STRESSORS II

Bring to mind the things that are currently stressing you. This process can also be used on one stressor at a time. Respond to these questions in writing.

1. What is the worst that could happen with the stressor (s) you identified?
2. How would that make you feel?
3. What is the best that could happen?
4. How would that make you feel?
5. What actions on your part will bring about the best outcome?
6. How would taking the first of those actions make you feel?
5. How might your faith, your spiritual life, assist you in viewing and dealing with your current stress in a healthy, productive way?

DEALING WITH STRESSORS III

Bring to mind the things that are currently stressing you. This process can also be used on one stressor at a time. Respond to these questions in writing.

1. What is the worst that could happen with the stressor (s) you identified?

2. How would that make you feel?

3. Describe with some specificity what you will do if the worst were to happen.

4. How does having a plan of action make you feel about the worst possible outcome?

5. What is the best that could happen?

6. How would that make you feel?

7. What actions on your part will bring about the best outcome? Describe with some specificity a plan to bring about the best possible outcome.

8. How would taking the first of those actions make you feel?

6. How might your faith, your spiritual life, assist you in viewing and dealing with your current stress in a healthy, productive way?