

managing PERSONAL STRESSORS

DIRECTIONS: Complete the following questions for *each* stressful event listed on your chart (Monitoring Personal Stressors)

STRESSFUL EVENT 1

1. Was this stressful event avoidable? Explain.

2. How did you resolve this conflict?

3. What stress management technique did you use?

4. How could you have resolved this stressful event more effectively?

STRESSFUL EVENT 2

1. Was this stressful event avoidable? Explain.

2. How did you resolve this conflict?

3. What stress management technique did you use?

4. How could you have resolved this stressful event more effectively?
