

**WORKSHEET FOR LESS STRESS**

<b>Where does your stress come from?</b>	<b>Yes /No</b>	<b>Negative Self-talk</b>	<b>Positive Self-talk</b>	<b>Ease of Change</b>	<b>Steps in Action Plan</b>	<b>Resources Available</b>
<b>1. Illness</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>2. Money</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>3. Time Management</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>4. Partner</b>						
Question 1						

<b>Where does your stress come from?</b>	<b>Yes /No</b>	<b>Negative Self-talk</b>	<b>Positive Self-talk</b>	<b>Ease of Change</b>	<b>Steps in Action Plan</b>	<b>Resources Available</b>
Question 2						
Question 3						
Question 4						
<b>5. Social Life</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>6. Children</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>7. Family Problems</b>						
Question 1						
Question 2						
Question 3						
Question 4						

Where does your stress come from?	Yes /No	Negative Self-talk	Positive Self-talk	Ease of Change	Steps in Action Plan	Resources Available
<b>8. Parents</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>9. Work</b>						
Question 1						
Question 2						
Question 3						
Question 4						
<b>10. Other</b>						
Question 1						
Question 2						
Question 3						
Question 4						

\* This worksheet is an outline only. To use the worksheet effectively it is advisable to draw up your own worksheet based on this design but allowing more spaces/room for your own comments on self-talk, steps in action plan and resources available.