

EMOTION BASED ACTIVITY



What is currently causing me stress? *If many things address one-by-one.*

What can I change about the situation - can I reduce the demands on me or increase my resources?

If **"Yes"**, how will I do that?

If **"No"**, then what is my 'fear' i.e. what do I worry about happening if I can't meet the demand?

How likely is it to come true, has it come true before, how many times has it not come true?

What will I do if it does come true - details? *Talk through with someone else if you're not sure.*

Does worrying about it help me meet the demand(s)?

Bearing all of that in mind, what do I need to remind myself when I feel overly stressed?

Practise telling yourself what you said in the final box regularly so it becomes a positive habit.