

List Your Stressful Situations

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Possible Ways of Coping With Stressful Situations

1. _____
2. _____
3. _____
4. _____
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10. _____