

Name:

Date:

WHAT STRESSES YOU OUT?

Below, write down two things that are currently stressing you out. Underneath, write what you can do to change the situation by dropping the stressor or changing the way you look at it. The first example is done for you.

Stressor: Too many chores

Change: Chores are my opportunity to prove to my parents that I'm responsible, so they might give me more freedom.