Self Reflection and Stress Management

List three events or experiences you have had in the past three months that you did not handle as well as you would have liked and, as a result, caused you extra stress.

Examples: fight with a friend or parent; doing poorly on a school assignment; challenges at home (such as siblings)

For each experience, consider the following:

• How did I feel?
• Why did I feel this way?
• Why did I act in a certain way? What prompted me to act like that?
• What does this tell me about myself? What can I learn from this situation?
• If I am in this situation again, what would I do the same and what would I do differently?
• How would this change help to manage your stress in a positive way?

1.
I feel:
I feel this way because:
I did this because:
I learned:
I would do this the same:
I would do this differently:
This would decrease or manage my stress by:

2.
I feel:
I feel this way because:
I did this because:
I learned:
I would do this the same:
I would do this differently:
This would decrease or manage my stress by:

3.
I feel:
I feel this way because:
I did this because:
I learned:
I would do this the same:
I would do this differently:
This would decrease or manage my stress by: