

Stress in My Work Life

Many different sources of stress occur in one's work-life.

Identify some of the situations at work that are currently triggering stress that leads to your anxiety. Place an X in the boxes of the situations that cause you stress and anxiety at or about work. Then write which symptoms you experience when they are happening. If the issue is with one or more person, identify the person by using a name-code (LIC = Likes Ice Cream).

Work Issues

- Boredom _____
- Burnout _____
- Change in supervisors _____
- Change in work load _____
- Changes in finances _____
- Frustration _____
- Interruptions _____
- Isolation _____
- Lack of meaningfulness _____
- Lack of support _____
- Looking for another job _____
- Loss of a job _____
- No appreciation _____
- No control of outcome _____
- Not enough or too many hours _____
- Not valued _____
- Overload _____
- Personal injury _____
- Physical environment _____
- Poor health issues _____
- Poor performance _____
- Poor preparation and training _____
- Retirement _____
- Safety concerns _____
- Skills do not match demands _____
- The "system" _____
- Too much or too little autonomy _____
- Uncertainty _____
- Underpaid _____
- Unequal treatment _____
- Unreasonable or unfair expectations _____
- Other _____

Being aware of anxiety triggers is the first step in managing them. Now that you have identified the source of stress, write about how you can reduce the stressors. (Example: Talk with someone you trust, go out for lunch, take a walk during a break.) Continue writing on the reverse side of this page. Write about the stressor that is causing the most anxiety.

Stress Associated With My Relationships

Many different sources of stress occur with one's varied relationships.

Identify some of the relationship issues that are currently triggering stress that leads to your anxiety. Place an X in the boxes of the situations that cause you stress and anxiety with any of your relationships. Then write which symptoms you experience when they are happening. If the issue is with one or more person, identify the person by using a name-code (MGF = My Good Friend).

Relationship Issues

- Abuse _____
- Anger _____
- Appreciation _____
- Availability _____
- Blame _____
- Breakup _____
- Child raising _____
- Children _____
- Clear or unclear messages _____
- Compatibility _____
- Consistency _____
- Control _____
- Crisis _____
- Death _____
- Empathy _____
- Family _____
- Finances _____
- Illness _____
- Infidelity _____
- In-laws _____
- Loyalty _____
- Partner _____
- Respect _____
- Sense of security _____
- Threats _____
- Trust _____
- Truthfulness _____
- Unmet needs _____
- Values _____
- Other _____
- Other _____

Being aware of anxiety triggers is the first step in managing them. Now that you have identified the relationships that are the sources of stress, write about how you can reduce the stressors. (Example: Talk with someone you trust, lessen your time with this person, take a look at the Serenity Prayer.) Continue writing on the reverse side of this page. Write about the stressor that is causing the most anxiety.

Thoughts about My Stress

Think back to a stressful situation that caused you to become intensely anxious. Journaling about that situation can help you better understand the situation and reduce your distress associated with it.

In the spaces that follow, journal about your stressful situation.

Describe the situation. _____

How did you get into the situation? _____

Who else plays a role in the situation? _____

What happened? What did you do? _____

What didn't you do? _____

(Continued on the next page)

Thoughts about My Stress *(Continued)*

How has it affected your present life? _____

How has the event affected your future life? _____

What was the worst aspect of the situation? _____

Did you resolve your stress issue? _____ If not, how can you resolve your stress issue? _____

What is something positive that has come out of the event? (example: relationships, new job, wisdom)
