

## MY STRESS / RESPONSE RECORD

| <b>STRESS<br/>(trigger that causes distress)</b> | <b>MY RESPONSE<br/>(thought, feeling, sensation, urge)</b>  |
|--|---|
| e.g. attending a small group for the first time  | <p><i><b>Thought:</b> "I wonder who's going to be there?"</i></p> <p><i><b>Feeling:</b> anxious, curious, insecure</i></p> <p><i><b>Sensation:</b> tense, edgy, nervous, uneasy</i></p> <p><i><b>Urge:</b> avoid the situation by staying home, find something to soothe distress (distraction, coffee, phone), look for someone who seems friendly</i></p> |
|  | <p>T:</p> <p>F:</p> <p>S:</p> <p>U:</p>   |
|  | <p>T:</p> <p>F:</p> <p>S:</p> <p>U:</p>   |
|  | <p>T:</p> <p>F:</p> <p>S:</p> <p>U:</p>   |
|  | <p>T:</p> <p>F:</p> <p>S:</p> <p>U:</p>   |

|  |                      |
|--|----------------------|
|  | T:<br>F:<br>S:<br>U: |
|  | T:<br>F:<br>S:<br>U: |
|  | T:<br>F:<br>S:<br>U: |
|  | T:<br>F:<br>S:<br>U: |
|  | T:<br>F:<br>S:<br>U: |
|  | T:<br>F:<br>S:<br>U: |