



Breaking the Cycle of Stress:

Stressor – Thought – Feeling – Behavior

Spend some time this week thinking about something that causes you stress (a stressor). What are the thoughts, feelings, and behaviors associated with this stressor? Write them down in each section below, then list a possible coping strategy for each.

Stressor:

Ways I can cope:

Thought(s):

Ways I can cope:

Feeling(s):

Ways I can cope:

Behavior(s):

Ways I can cope: