

## CBT for Stress Management pdf

What is the situation that provokes your stress?

Write down the things that make you feel stressed in a hierarchy and rate them out of 10 ( with 10, being the most stressful situation)

Situation	Thought	Consequence



<b>Can you do something about this?</b>
<b>If yes, then</b>



<b>Write down what is it that you can do about it?</b>



<b>Consequences</b>