

Things That Cause Me Stress

Name: _____ Date: _____

Think about some of the things in your life that have caused you stress. List a few of these things in the space below. You don't have to fill up all the spaces on the list, but try to think of at least 3 or 4 things to list below.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____