

Stress Behavior Inventory

Check all of the things below that you do now to cope with stress, or add your own to the list. Are there more effective or healthier behaviors you could try? Write them down in the second column.

What I do now	Positive behavior(s) I could try
When stress hits, I reach for a cigarette.	
When I get home, I have a drink to relax and ease the stress of my day.	
I use recreational drugs to decrease stress.	
I go for comfort foods when I'm stressed.	
When someone does something that stresses me out, I find myself shouting or arguing with them.	
I become aggressive behind the wheel when I'm stressed.	
I clam up when I'm stressed — I just don't want to talk to anyone.	

"Self-Talk" Inventory

Finding a more positive way to look at a situation can help relieve associated stress. In the first column below, check any of the negative self-talk examples that you use when you're stressed. Look at the positive examples in the second column. Would they work for you? If not, think of another way to look at the situation and write it in the last column.

Negative self-talk	A more positive take	Another positive alternative
I've never done this before.	It's an opportunity to learn a new skill.	
It's too difficult/complicated.	I'll take it one step at a time or look at it from a different angle.	
I don't have enough time to do this.	I can re-evaluate my priorities to find time.	
I don't have the necessary experience or skill.	I'll find people who can help me.	
It's too big a change.	I'll take a chance.	
No one tells me anything.	I'll take the first step in communicating with others.	
I'll never understand how to do this.	I'll give it one more try.	
I'll never be able to learn how to manage my stress.	I'm going to try to learn how to manage my stress one step at a time.	