Controlling My Stressors

Directions: Identify five stressors that you are currently facing. For each of these stressors, list three positive coping strategies. These coping strategies may include ways to avoid the stressor, ways to minimize the stressor, or ways to deal with the stressor.

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| 1. I got a speeding ticket and my parents grounded me. | I could avoid the situation by obeying the law and driving the speed limit.  I could attend a Defensive Driving class and have the ticket reduced.  From now on I will allow plenty of driving time so I will not be rushed and tempted to drive fast. |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |