

COPING WITH STRESS WORK SHEET

CHALLENGING SITUATION

SUFFERING: What I don't want.
Notice difficult sensations, feelings, thoughts, impulses, and habitual reactions that show up in response

VALUES: what is important.
Values you want to live by and skills/strengths you can use

CHOICE
POINT

SOLUTIONS: What I do to avoid/
Diminish/escape suffering.
Behaviors, feelings and other factors that may move you away from your values or decrease psychological flexibility
External factors
Habitual coping patterns
Mindfulness factors...
Past/future focus,
Avoidance
Fusion with thoughts/feelings
Fusion with conceptualized self

COMMITTED ACTION

Behaviors, feelings and other factors that may move you towards your values or increase psychological flexibility
External factors
Desired coping pattern
Mindfulness factors....
Present moment awareness
Acceptance
Defusion
Observer self perspective

'AWAY'

Moving away from your values.
Acting *ineffectively*, behaving *unlike* the person you want to be

'TOWARDS'

Moving towards values.
Acting *effectively*, behaving *like* the person you want to be

At the choice point, Stop, Look & Listen

STOP – *Pause* for a few moments, slow down, move into mindfulness,

LOOK – Notice what is arising in your experience in the present moment – sensations, thoughts, feelings, impulses. *Relax*

LISTEN – Notice what is going on in the environment. *Open awareness & listen* deeply to others.

CROSS THE STREET – Right now, what direction do you want your life to move in; what kind of person do you want to be? Choose and *take actions that reflect your values*.