

#	Stressor	Stress Level	Action	Result	Stress Level
1	Too much work	7	Talk to boss.	Meeting held, understood	4
			Stop taking on other peoples work		
			Review priorities		
2	Daughter's wedding coming up	5	Hire a planner		
			Ask partner to do more		

#	My response	Stress Level	New response/ belief/self talk	What is true about new response	Stress Level
1	I am inadequate.	7	I have been doing a good job, there is too much being added. I am adequate	I am productive. I have had good performance review.	5
1	I am going to fail		I can develop a plan to handle this.	I have a plan that I can try	
1					
2	It won't be as nice as her sister's		How much money spend is not what will make it a memorable time.	Spoke to daughter and fiance	