

Reactions to Stress

It can be helpful to recognize experiences of stress, such as angry reactions, withdrawing, or giving up activities (Dobson, 2011).

The table below can be used as homework to capture stressful events and their reactions. By recording feelings, behaviors and thoughts, repeating patterns can be recognized.

Complete this table over the course of a week, capturing stresses and responses:

What happened?	What were your thoughts?	What was the effect?	What physical sensations did you experience?	What was your behavior/ reaction?

References

- Dobson, K. S. (2011). *Handbook of cognitive-behavioral therapies*. New York: Guilford.

Dr. Jeremy Sutton