IDENTIFYING THE SYMPTOMS OF STRESS

1. Identify a situation when you felt the alarms of stress beginning:

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2. When have you resisted the situation causing stress and how did you overcome it–if you have?

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3. Describe a time that stress caused you to be exhausted.

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4. Have you felt adrenaline surges as a result of stressful situations?

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FINDING THE RIGHT AMOUNT OF STRESS

1. Describe the perfect amount of stress for you. What types of things would you be involved in? Whom would you spend time with? What makes this a perfect balance?

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2. What can you do to create a good balance of stressful situations in your life?

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3. In what areas in your life are your reactions causing stress that hurts you physiologically? Are there things that you can do to decrease stress in this area?

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4. Discuss your responses with a partner and brainstorm other ways to overcome some of the stressful situations.

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BUILDING SELF-CONFIDENCE

1. What suggestions do you have to help you improve your self-confidence?

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2. How can you stop running yourself down?

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3. What can you do to start remembering past successes?

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4. What are some areas in your life where you can make positive changes?

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5. What can you do to initiate a self-improvement program?

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