

STRESS SCENARIOS FOR AAAbc's OF STRESS MANAGEMENT

1. You are a working parent. You have a long commute and a job that often stretches beyond the boundaries of an eight hour day. You are beat by the time you get home at night and often feel overwhelmed by the dependency needs of others that have to be met before bedtime. You often fall into bed soon after the kids go to sleep so that you can be up by 5:00 am. Lately you have been experiencing physical symptoms that indicate the stress of your life-style is getting to you. In terms of the AAAbc's of stress management, what can you do?

2. You are in your twenties and have just moved to the city to take a new job. You don't know anyone in town except for a couple of people at work. The loneliness is starting to get to you, but you are not the kind of person who does well in singles bars. So you have been spending all you evenings in your apartment reading or watching TV. You are getting more and more depressed. What can you do?

3. You have a new supervisor at work who doesn't seem to like you. No matter what you do he/she is always critical of your efforts. You are beginning to think that you'll never be able to please him/her. What can you do?

4. You have a decent job and a reasonable salary but in the current economic climate it is getting harder and harder to make ends meet. Every month is a struggle. You had planned to take a vacation trip this summer but you have decided to cancel it even though your spouse was counting on it. What can you tell your spouse?

5. You represent your organization on a community-wide committee that is trying to plan an integrated approach to dealing with pregnant teenagers. You have been meeting twice a month for almost a year without accomplishing much of anything--partly because of politics and partly inept leadership. You believe in the purpose of the committee but find yourself tense and irritable after every meeting. It is so frustrating you can hardly stand to go anymore. Your supervisor has been raising questions about all the time you spend on the project. What can you do?

6. You have two children in high school. They are basically good kids and helpful around the house, but recently the oldest has been neglecting chores and mercilessly bugging the younger one. Tonight it was complaints about dinner, an argument about whose turn it was for dishes, and slamming doors when you mentioned homework. You feel wound up and ready to snap. What can you do?

7. Your job takes you away from home several times a month. You have noticed that the first night you are home again after an absence you and your spouse often argue or act in hurtful ways to each other. You are starting to dread coming home after a trip. What can you do?

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**