

AAAbc's STRESS MANAGEMENT WORKSHEET

SCENARIO: (#)

ALTER: How could you remove the source of stress?

AVOID: How could you get away from or prevent the stress?

ACCEPT: How could you live with the stress?

Build up resistance

Change self/perceptions

-BEST OPTION:-

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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.**