

Stress Response Reflection



Choose a recent situation that triggered strong negative feelings. Analyse this in detail by filling in the table below. How did your thoughts, feelings, sensations and behavioural urges influence each other to increase stress. Consider at which point there was a moment of choice to pick a response that decreases stress.

Stressor	Internal Responses	Undesired Behaviours
Upsetting Event: What was the specific stressor? Why does this stressor evoke a strong reaction for me?	What were my thoughts, feelings, sensations, and behavioural urges?	How did I respond to cope with my thoughts and feelings?
	Thoughts: Feelings: Physical Sensations: Behavioural Urges:	

What are the SHORT TERM consequences of my Undesired Behaviours? How do I feel about them?	What are the LONG TERM consequences of my Undesired Behaviours? How do I feel about them?