

How do you cope with stress?

A resource adapted from Ellyn Bader, PhD



3. Fill this circle with some effective strategies from your list that you think you could try.



4. Fill this circle with some ineffective strategies from your list that may be true for you.



5. Fill this circle with any vulnerable feeling that may be beneath those ineffective strategies (for example, fear, hurt, embarrassment . . .)

Ask yourself: which effective strategy can I practice next time stress touches my vulnerable feelings?