

PSY 328 Module Six Journal Template

First, read Chapter 13 of your text. Next, complete this template by replacing the bracketed text with the relevant information.

- Explain to what extent you value **flexibility** in yourself. Your response should be about 2 to 3 sentences in length.

I value flexibility in myself because it allows me to adapt to changing circumstances, navigate challenges, and thrive in diverse environments. Flexibility allows me to approach situations with an open mind, consider all perspectives, and adjust my behaviors and responses as needed.

- Describe your most common responses to **stressors**. Your response should be about 2 to 3 sentences in length.

Being autistic, I get overstimulated quickly. If there are too many noises and I can't focus or if someone is touching me, my nervous system locks up and I go into fight mode. Sometimes I try to avoid the stressors, procrastinate, problem solve, or seek support. It really just depends on the type of stressor.

- Based on the results of your Big Five Personality Test and your own personal reflection, on a scale of low, mixed, or high, describe how you would rate your **stress tolerance** using the traits of hardiness, optimism, and dispositional optimism. Your response should be about 4 to 6 sentences in length.

Hardiness is associated with resilience, commitment, and control. Being an individual high in hardiness, I am likely to view stressors as challenges rather than threats and exhibit a sense of purpose and determination. I am high with optimism as I see setbacks as temporary rather than permanent, and have the mindset of resilience and adaptability. I also would like to think I have high dispositional optimism due to me approaching stressors with a sense of confidence and resourcefulness.

- Describe how you struggle with traits that **negatively** affect the coping process. Your response should be about 2 to 3 sentences in length.

Negative traits that can negatively affect coping would be pessimism, procrastination, low self-esteem, or engaging in behaviors that provide temporary relief but won't address the underlying stressors, leading to prolonged or unresolved issues. I usually self-sabotage by getting in my own head.

- Describe the strategies you use when you find yourself experiencing **cognitive distortions**. Your response should be about 2 to 3 sentences in length.

When experiencing cognitive distortions, I use the following strategies to challenge and reframe my thoughts: Identifying the distortion, looking for evidence, seeking feedback/gathering more info, reframing thoughts, staying present, self-compassion, or seeking support. This improves overall mental well-being by promoting a balanced and positive mindset.

- Describe the applications of **adjustment and coping** you see in your experiences in the workplace, at school, or in your relationships with others. Your response should be about 2 to 3 sentences in length.

In the workplace, school, and in relationships, adjustment and coping skills are essential for managing stress. Effective coping strategies can help employees deal with job related stressors, conflicts, and setbacks. In an educational setting, adjustment and coping play a significant role in academic success, social interactions, and emotional well-being. Students

who can adapt to the demands, cope with pressure, and manage their emotions effectively are more likely to excel and thrive. In relationships, effective coping strategies can help navigate conflicts, communicate effectively, and manage relationship stressors.

References

Shirayev, E. (2016-09-06). Personality Theories. [[VitalSource Bookshelf version]]. Retrieved from vbk://9781506300795