Coping Skills Worksheet: Learn About Your Stress

Self-awareness is the first step in coping with your stress.

**Worksheet Instructions**

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| When I do/perform/am in \_\_\_\_\_\_\_\_\_ (situation) | I have these initial thoughts when stressed | Rate your Stress Level  (1-10) | Supporting Evidence  For initial thoughts | Evidence Against  Initial thoughts | Alternative explanations or thoughts |
| Preparing for an exam. | I am going to fail. I can’t do this. |  | Medical school is hard. | I have studied and prepared for this exam. I have had a lot of academic success in my life. | I am nervous because exams can be difficult, but I have put the work in to be successful |
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Fill in the following worksheet to help you discover what situations trigger your stress response, how you respond to stress, and how much stress the event causes you. Then rate your stress level with 10 being an extremely high amount of stress and 1 being the lowest amount of stress. The first line contains an example.