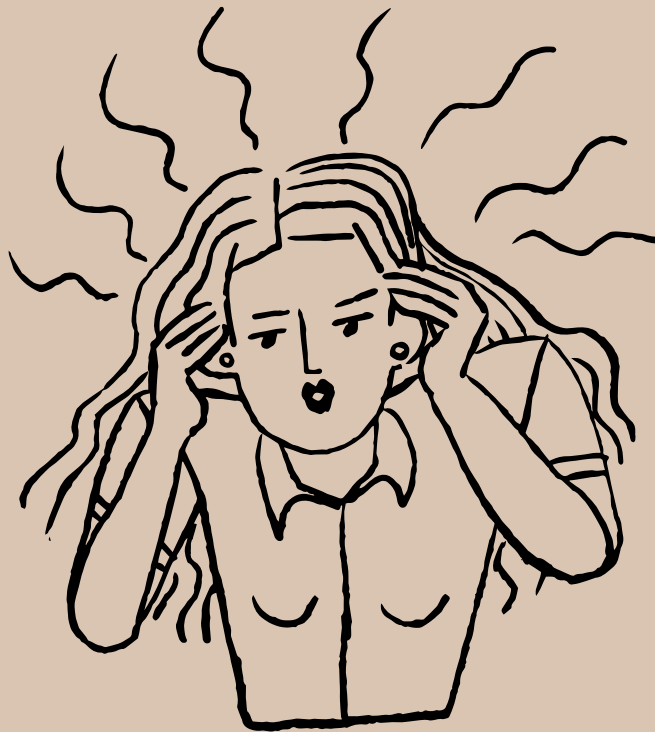


Stress Processing Journal



This Book Belongs To

Worry Exploration

What are you worried about?

The best that can happen it...

What are some clues that your worry will not come true?

If your worry does not come true how will you handle it?

Worry Exploration

Is worrying about something going to stop it happening

Is there anything can physically to do sort the problem out? If so what?

Am i making up worries to feed my addiction to worry? If so, why?

Now that you leave challenged the worry? How has it changed?

Problem Solving

<i>Problem to Solve</i>	<i>End Goal</i>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

<i>1st Solution</i>	<i>Pros</i>	<i>Corner</i>
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<i>Chooses Solution</i>	<i>Next Steep</i>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Stress Level Tracker

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Dec	Nov
1												
5												
10												
15												
20												
25												
30												

Stress Level

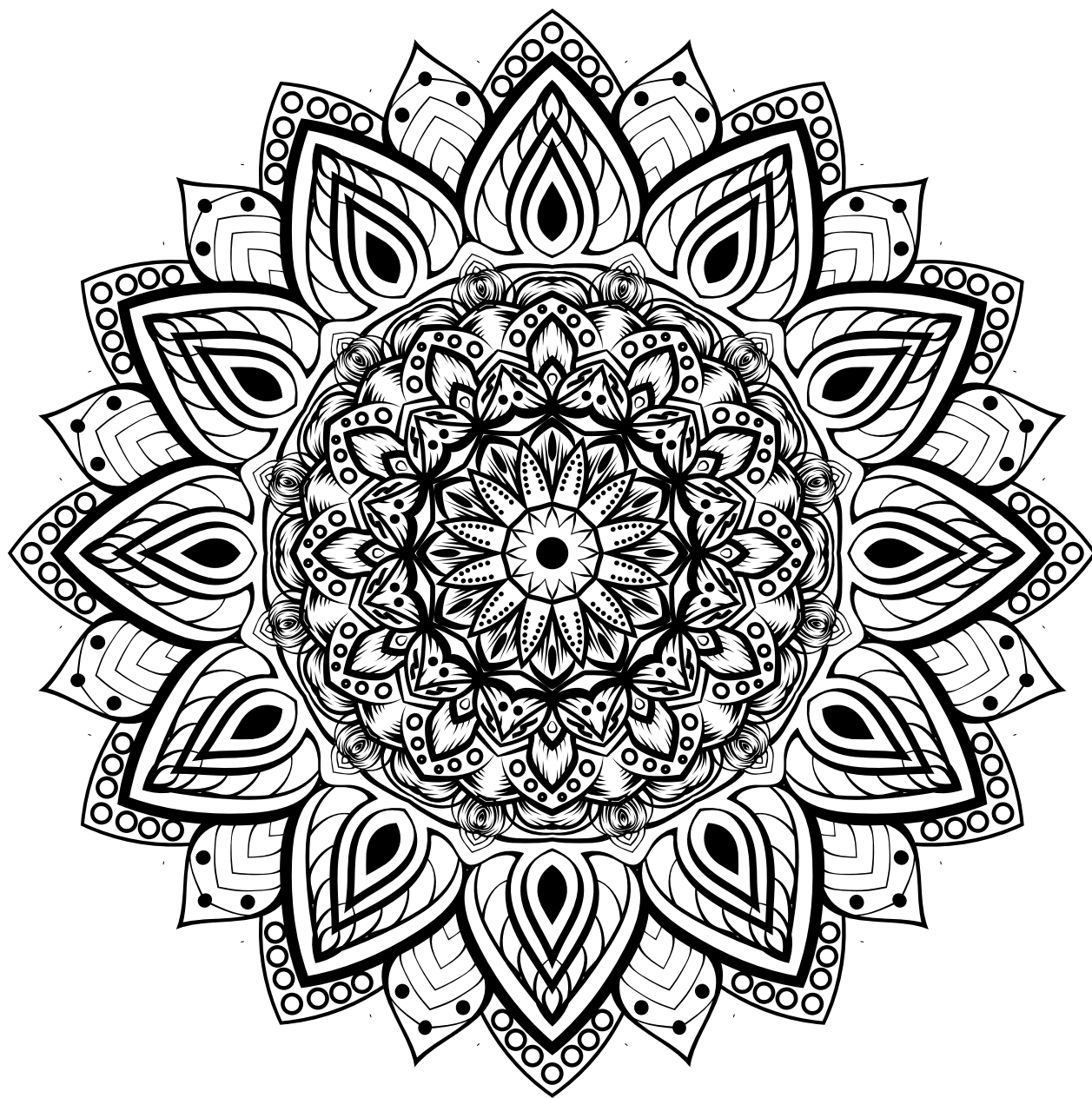


Daily Gratitude

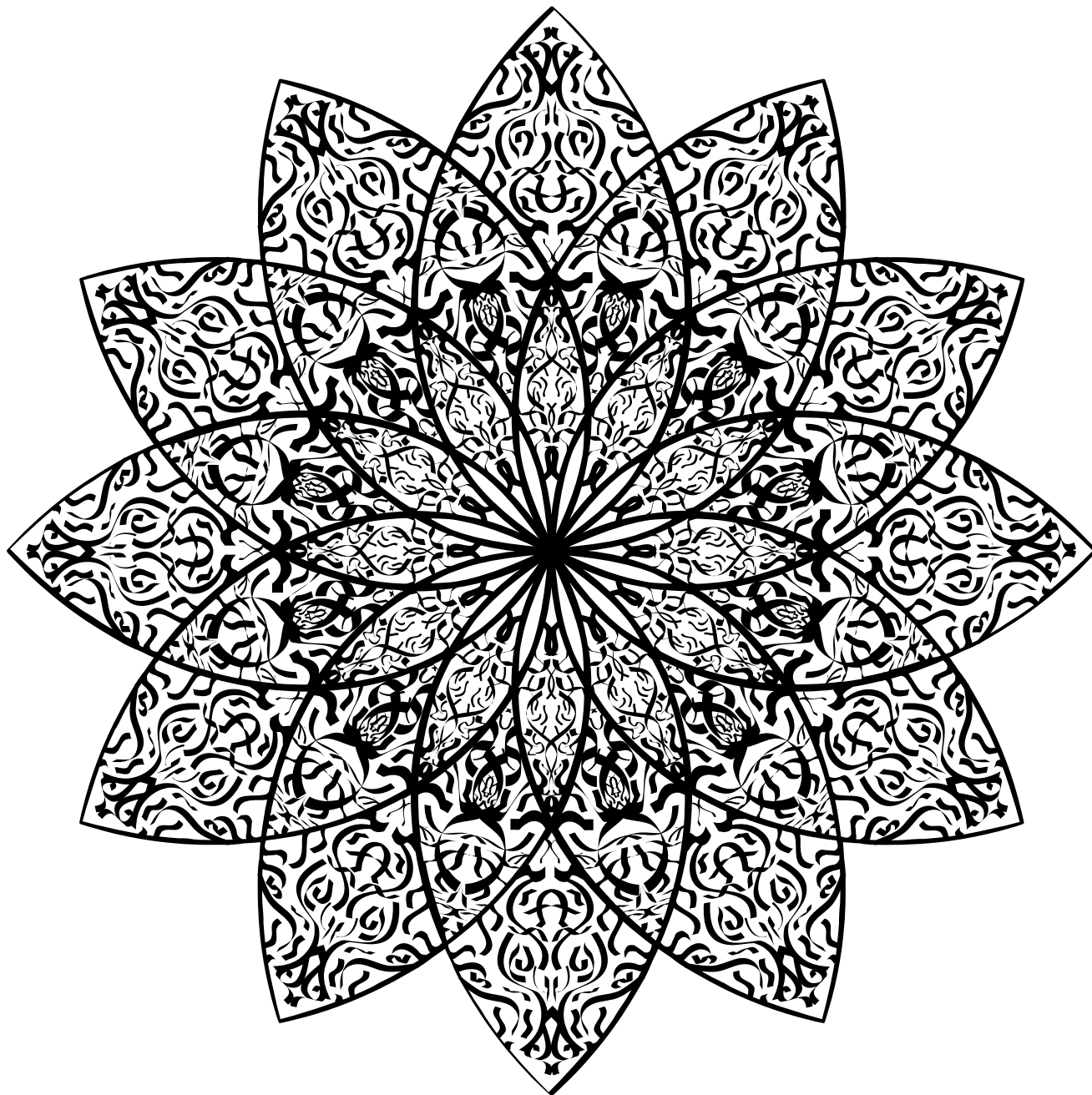
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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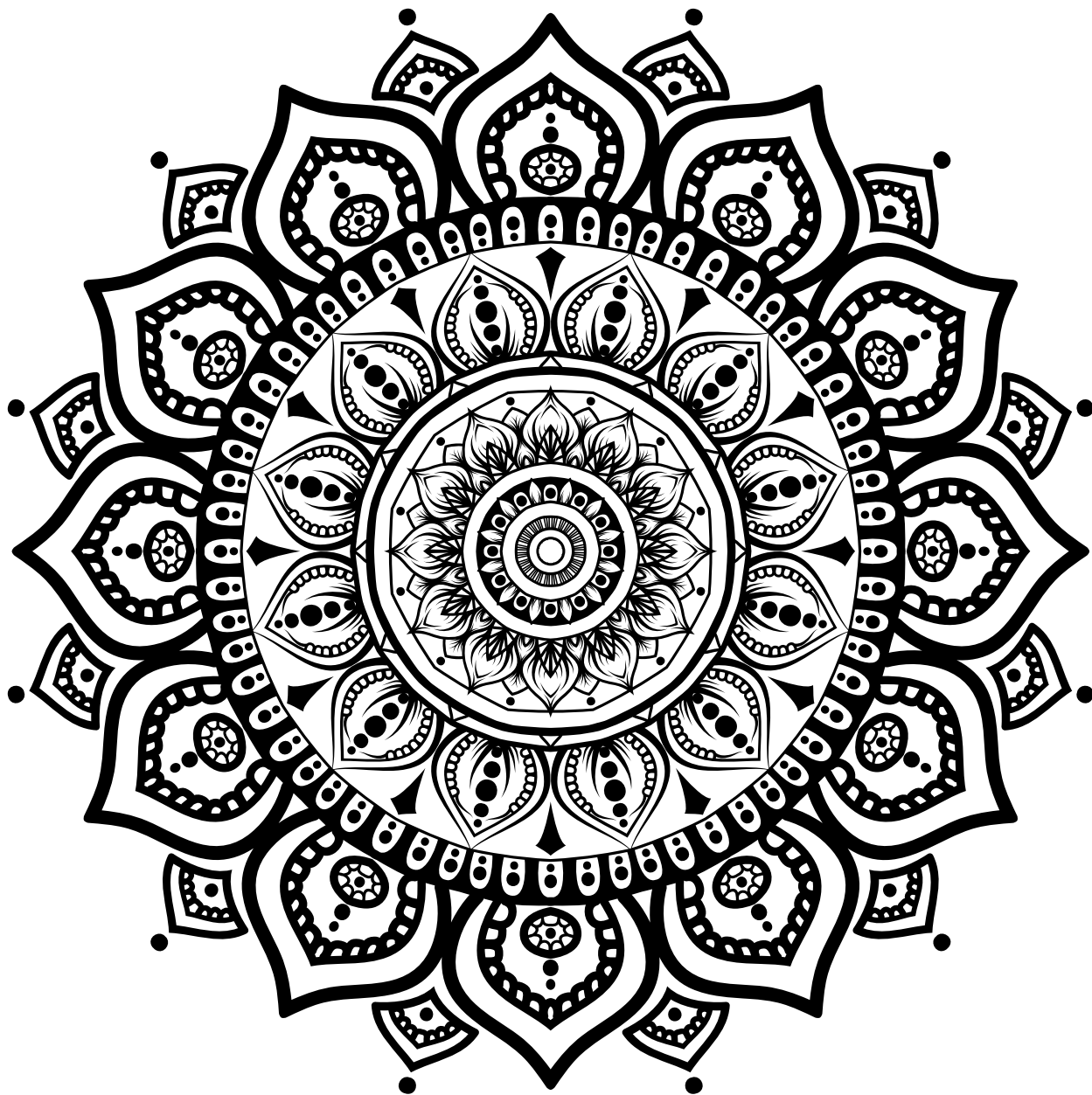
Stress Relief Coloring Page



Stress Relief Coloring Page



Stress Relief Coloring Page



Daily Habit Tracker

Mood:

Start Time:

End Time:

1.

16.

2.

17.

3.

18.

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Thank You