



My stressful situations

Below are situations that can be perceived as stressful.

(1) Circle the ones that **you** experience as stressful.

(2) If you have **other** stressful situations, write those under **Other**.

- Not finishing what I'm doing
- Making mistakes
- That everything is not perfect
- Not knowing what to do
- Not being able to do as I usually do

- Meeting new people
- To lose
- Being among many people
- That I *have* to do something
- Being interrupted in what I'm doing

- Having critical thoughts about myself
- Speaking in a group with people
- Receiving criticism
- Waiting for something
- Asking for help

- Having my things in disorder
- Changes that I'm not prepared for
- Disturbing sounds or lights
- People talking
- Smells or tight-fitting clothes

Other