

### Handout 1.7: Stress Log

This Stressful Event Log will help you analyze, understand, and manage your stress more effectively. Keep a stress log regularly to help yourself manage your stress . . . *and not carry it!*

Using the completed form in Handout 1.8 as a sample, fill in the spaces below using a stressful situation from your life.

Stressful Event Description	
Negative Emotions	Positive Emotions
Strength of Negative Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Strength of Positive Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs	Challenge With Positive Beliefs
Type of Cognitive Distortion	Healthy Alternative
Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Behaviors	Healthy Behaviors
Cost/Benefit Analysis: Unhealthy Coping	Cost/Benefit Analysis: Healthy Coping
My Conclusions and Goals	