

Situation	Rating (1 –10)		
	Start	2nd	3rd
<i>Example: When my line manager asks me to cover someone's class</i>	7	5	2

Choose stressors that impact on you negatively, be specific with cause, don't generalise. Things like people or crowds stress me, or maybe work stresses me.

Use sentences to be specific;

“when I go shopping to the supermarket I get stressed being in crowds of people”.

“ My boss expects me to cover another tutors class when they're off ill”.

Rate (1-10) 1 being not very stressful and 10 being extremely stressful.