

Stress Diary Worksheet

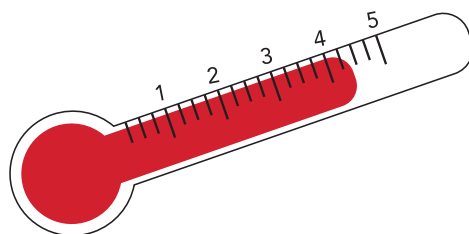
For each day select one situation to record. Try to do a stress management exercise such as Deliberate Breathing while you are in a stressful situation. If you can't do that, record as much of this as you can. *(Important details about the situation, why I felt this way, and what worked or did not work, etc.)*

Date	Stress Before Technique	Stress After Technique	Situation
Comments:			

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Comments:			

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Comments:			

Use this Scale to Rate Your Level of Tension



- 1 = Not at all tense
- 2 = Slightly tense
- 3 = Moderately tense
- 4 = Really tense
- 5 = Terribly tense

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