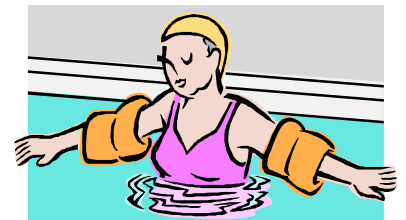


List some of the things that cause you stress.

1. _____
2. _____
3. _____

Danger! What are some of your early warning signs and symptoms:

1. _____
2. _____
3. _____



Unhealthy ways to cope
(list the unhealthy ways you cope)

1. _____
2. _____
3. _____

Healthy ways to cope
(list healthy ways to cope, some may be new things to try)

1. _____
2. _____
3. _____