
















DISTRESSING SITUATIONS | PART 1

Identifying distressing situations is key to overcoming them. Make a list of situations that cause you distress. Then, fill in the level of distress for each situation and if you generally avoid it.

SITUATION	DISTRESS LEVEL 1-10 (FILL IN)	AVOID? (CIRCLE)
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N
		Y / N

DISTRESSING SITUATIONS | PART 2

Rank each situation you identified in part 1 from least distressing to most distressing. Then, identify action steps you can take to help face each situation. Break them down into manageable chunks and see if there are any distressing situations you feel like you can challenge. *(Start with the lower distressing items)*

RANK	SITUATION	ACTION STEPS