

SELF-CONTRACT

**HOW I'M GOING TO MAKE
STRESS
WORK FOR ME**

Name _____

#1 When I see that I _____ I will _____
Stress Symptom(s)

#2 When I see that I _____ I will _____
Stress Symptom(s)

#3 When I see that I _____ I will _____
Stress Symptom(s)

#4 When I see that I _____ I will _____
Stress Symptom(s)

#5 When I see that I _____ I will _____
Stress Symptom(s)