

Exercise: Developing a Positive Attitude

Choose one of the stressors you have identified in the previous exercise. Take a step back and try to describe the situation objectively. Don't judge yourself or others and write your description down without any emotions. Detaching yourself from the situation helps you to reduce stress. It also helps you to determine if your reaction is proportionate.

Now write down what positive effect the situation has on you. What can you learn from it?

Stress factor	
<p>Description</p>	
<p>What positive effects does the situation have?</p>	