

# Stress Diary

<b>When</b> Date & Time	<b>Where</b> Place	<b>Levels of Stress</b> Rate 0 – 10	<b>What Was The Stressor?</b> What was I doing, where, who with, how long for?	<b>How Did You Feel?</b> Did you feel any physical sensation?	<b>Alternative, More Helpful Thought &amp; Response</b> Is there another way of looking at this? What would be more helpful – for me and for the situation?	<b>How Did You Respond To The Stress?</b> Did you use any specific coping strategies?	<b>How Effective or Positive Was Your Response?</b> Rate 0 – 10	<b>Notes</b> How could you have coped better?  Is there a way of reducing or getting rid of this stress?