

Part II: Your Stress Trigger Analysis

Answer	Total number
A	
B	
C	
D	

Part II: Your Stress Trigger Analysis

Add up the number of A's, B's, C's, and D's you chose in Part II (questions 6-10) and record them in the table above.

Two (2) or more A's: You suffer from environmental stress, or stress that comes from the world around you (e.g., pollution, traffic, marriage, separation, and the weather). Environmental stressors are typically unavoidable; however, there are several stress management techniques that may help in reducing stress caused from our environment.

Two (2) or more B's: You suffer from personal stress, or stress that comes from your personal life (e.g., personal relationships, self-esteem, and self-worth). Stress management techniques that assist you in managing your thoughts and emotions about yourself are beneficial for you.

Two (2) or more C's: You suffer from physiological stress (e.g., the kind of stress that happens inside of your body such as illness, pain, hormonal changes, imbalances, and changes to the body caused by addictions). Stress management techniques that get to the root cause or source of the physiological stressor may work best for you.

Two or more D's: You suffer from social stress. Social stress is stress related to how others in the world see you. Stress management techniques that improve how you see yourself may work best for you.

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Two (2) or more A's: Stress management techniques to try:

- Meditation
- Breathing
- Exercise/nutrition
- Vitamin/mineral therapy
- Feng Shui

Two (2) or more B's: Stress management techniques to try:

- Meditation
- Massage Therapy
- Habit Reshaping
- Visualization
- Optimism Therapy
- Self-hypnosis
- Exercise
- Creative Therapy
- Dream Journaling
- Friend Therapy

Two (2) or more C's: Stress management techniques to try:

- Habit Reshaping
- Nutrition/Exercise Balancing
- Massage Therapy
- Visualization
- Relaxation Techniques
- Mindfulness Meditation
- Vitamin/Herbal/Homeopathic Therapy
- Ayurveda

Two or more D's: Stress management techniques to try:

- Exercise
- Attitude Adjustment
- Visualization
- Creative Therapy
- Friend Therapy
- Habit Reshaping

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Two (2) or more A's: Stress management techniques to try:

Two (2) or more B's: Stress management techniques to try:

Two (2) or more C's: Stress management techniques to try:

Two or more D's: Stress management techniques to try:
