



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 3, Part 1 Dealing with Personal Stress

Instructions

- Reflect on the following statements or questions and jot down words and phrases that come to mind in response.
- Refer to *Instructions for Couple Conversation*, then discuss your responses with your partner during your couple conversation.
- Save this worksheet to refer to during lesson 6.

1. When I'm overwhelmed by stress, what are my tendencies?

a. Foot on gas (fight response)

- Angry
- Agitated
- Keyed up
- Overly emotional
- Frenetic
- Impatient
- Other

b. Foot on brake (flight response)

- Withdrawn
- Depressed
- Escapist behaviors
- Socially isolated
- Fatigued
- Other

c. Foot on both (freeze response)

- Immobilized
- Indecisive
- Spinning wheels
- Procrastinating

- Other

2. When my partner is overwhelmed by stress, what are their tendencies?

a. Foot on gas (fight response)

- Angry
- Agitated
- Keyed up
- Overly emotional
- Frenetic
- Impatient
- Other

b. Foot on brake (flight response)

- Withdrawn
- Depressed
- Escapist behaviors
- Socially isolated
- Fatigued
- Other

c. Foot on both (freeze response)

- Immobilized
- Indecisive
- Spinning wheels
- Procrastinating
- Other

3. Speaking for yourself, identify and prioritize changes you'd like to make to the way you react when you're overwhelmed by stress.

Priority	Specific Change
1	
2	
3	
4	
5	