



# Online Relationship Academy

## Course: Managing Stress Together

Worksheet (1 of 2) for Lesson 2

Recognizing the Effects of Stress

### **Instructions**

- Reflect on questions 1 and 2 and jot down words and phrases that come to mind in response.
- Refer to *Instructions for Couple Conversation*, then share your responses with your partner during your couple conversation.
- Respond to question 3 following your couple conversation and share with your partner.
- Save this worksheet to refer to during lesson 6.

1. How is my current stress affecting me?
  - a. Physically
  - b. Mentally
  - c. Emotionally
  - d. Socially
  - e. Spiritually
2. What is my perception of the effects of stress my partner is currently experiencing?
  - a. Physically
  - b. Mentally
  - c. Emotionally
  - d. Socially
  - e. Spiritually
3. What new insights did I gain from completing this worksheet and our couple conversation about the effects of my stress and/or the effects of my partner's stress?