



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 3, Part 3

Dealing with Personal Stress

Instructions

- Reflect on questions and statements below and jot down words and phrases that come to mind in response.
- Refer to *Instructions for Your Couple Conversation*, then share your responses with your partner during your couple conversation.
- If true, share statement 6 with your partner.
- Save this worksheet to refer to during lesson 6.

1. Which of the following types of unhealthy stress do you tend to struggle with?
 - a. Accumulated stress
 - b. Toxic stress
 - c. Overwhelmed stress
 - d. Intensity stress
 - e. Unrelenting stress
2. List your current stressors. What's healthy about them? What's unhealthy about them? What are these stressors telling you?
3. What unhealthy sources of stress do you need to eliminate?
4. What is your relational support system for managing stress?

5. Identify and prioritize changes you'd like to make toward eliminating unhealthy sources of stress.

Priority	Specific Change
1	
2	
3	
4	
5	

6. If true, share this statement with your partner:

I want to make progress in managing my stress. I ask for your support and encouragement. I want to give you the same.