



Online Relationship Academy

Course: Managing Stress Together

Worksheet for Lesson 1
Acknowledging the Sources of Stress

Instructions

- Reflect on questions 1-3 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 4 following your couple conversation and discuss with your partner.
- Save this worksheet to refer to during lesson 6.

1. What are my current *environmental* sources of stress?

2. What are my current *interpersonal* sources of stress?

3. What are my current *internal* sources of stress?

4. What new insights did I gain from completing this worksheet and our couple conversation about the sources of my stress and/or the sources of my partner's stress?