

# Stressor Chart

Type of Stress Cause

	Internal Stress	Work Related Stress	Family Stress	Transferred Stress	Diffuse Stress
Sign of Stress	Physical				
	Emotional				
	Behavioral				



## Instructions on use

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Print out the chart and carry it with you in the “test period” ... Make sure to have a pen with you at all times 😊

When filling out the chart, do as follows:

1. Think about what made you recognize the stress. Was it:
  - a. A physical sign
  - b. An emotional response
  - c. A behavioral sign
2. Then notice what type of stress cause you are dealing with, again think:
  - a. An internal stress? Are there too many thoughts in your head?
  - b. Work related stress? Did you feel bad about your performance? Or did a co-worker not stand up for you? Or...?
  - c. Family stress? Did you feel it in a family situation?
  - d. Transferred stress? Are the people around you being stressed, causing you to be stressed as well, without reason? (this is a difficult one)
  - e. Diffuse stress? Note an episode here, it is does not fit in the others, or you forgot exactly how you felt.
3. Note the time and day
4. Note the exact sign
5. Note the cause as precise as possibly

When at least a week has passed, evaluate you results. The chart is meant you easily categorize and map your stressful episodes.

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Hint: Make a little mark by one comment, if you are experiencing the same episode

Hint: You can print out more copies of the chart and staple them together if you would like to have a longer test period.

*This test is meant as a guide to help, I take no responsibility for any misuse*

