

# LIVE MASTER FREE CLASS

## *& Group Coaching*

{YOUR FREE  
GROWTHWORK BOOK}

HOW TO STOP BEING  
REACTIVE WITH ANGER  
OR SHUTTING DOWN IN FEAR



# Graceful Resilience

## MODULE 2: IDENTIFY YOUR STRESS TRIGGERS

COMPLETE THE CHART ON THE NEXT PAGE USING THESE PROMPTS:

### **What are your stress triggers?**

Start by making a list of things you know cause you stress and anxiety. When do you typically get stressed or anxious? What do you know sets you off? (this can be a person, place, event, feeling, idea, time...)

### **How do you typically react to each of those situations?**

What do you think when this happens? What emotions do you experience (anger, irritation, fear, sadness...)? What do you do when this trigger happens?

### **How do you want to respond in those situations?**

If you could wave a magic wand, what is your ideal response to each of those situations? How do you want to show up when that happens?

### **What DON'T you have control over in each of these situations?**

What are you trying to control? What do you wish you had control over?

### **What DO you have control over in each of these situations?**

Keeping in mind, while we can influence the world around us, we have no control over other people, what they do, think or say, we have no control over the future and how things will turn out, or the past and things that already happened. So what DO you have control over? (what can you think or do?)

# Graceful Resilience

## MODULE 2: IDENTIFY YOUR STRESS TRIGGERS

<b>Your stress trigger</b>	<b>How you typically react</b>	<b>How you <i>want</i> to respond</b>	<b>What <i>don't</i> you have control over</b>	<b>What <i>do</i> you have control over?</b>
Work deadlines	<i>I feel overwhelmed and frantic, I complain, I feel like there's not enough time for anything else</i>	<i>I want to stay calm, feel in control and confident</i>	<i>When it is due, what my boss will think</i>	<i>I can ask for an extension, de-prioritize other tasks, ask for help, think differently about failure and frame it as a learning opportunity</i>

# DID YOU ENJOY OUR FREE MASTERCLASS WITH LIVE GROUP COACHING?

You can get monthly classes like this and much more by becoming a founding member in our new community.

LEARN MORE AND JOIN US AT:

[courses.stressandanxietycoach.com/p/journeymembership](https://courses.stressandanxietycoach.com/p/journeymembership)

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MEMBERSHIP

