





**The Stress mapping table with an example** – map your own patterns to identify where you would benefit with awareness and self-regulation through reframing and deciding different approaches to stressors...

			
<b>THOUGHTS AND BELIEFS</b>	<b>PHYSICAL STRESS</b>	<b>EMOTIONAL FEELINGS</b>	<b>CHOICE OF BEHAVIOUR</b>
There's a group night out coming up, but they won't really want me there. I won't enjoy it.	Threat response pumps up high	Anxious, worried, afraid, angry	Talk myself out of going, make an excuse to avoid it