



SHIFT

Stress Action
Worksheet

shiftcollab.com | [@theshiftcollab](https://twitter.com/theshiftcollab)

Stress Action Worksheet

DEFINE STRESSOR

RATING
(1-10)

ACTION REQUIRED
(Avoid, Alter, Accept, Adapt)

bring this to your next therapy session!

[BOOK A THERAPY SESSION](#)

SHIFT
COLLAB

[FIND A THERAPIST](#)