

My Stress Management Profile

Date: _____

My Stress Tolerance Point is (check one):

- JUST RIGHT HIGH TOO HIGH
 JUST RIGHT LOW TOO LOW

I believe I am operating (check one):

- ABOVE
 AT my Stress Tolerance Point.
 BELOW

Here's how I feel about my efforts or lack of efforts to operate at or near my Stress Tolerance Point:

My Stress Triggers are, in general:
