

# BEING STRESSED AFFECTS MY BEHAVIOUR

Even though I behave differently when I'm so stressed, somehow I can forgive myself  
Even though I can be so nasty when I'm over-stressed, somehow I can love and forgive myself  
Even though I behave like a different person when I'm so stressed, somehow I can love and forgive myself

When I'm stressed  
Everyone around me knows it  
I have such a short fuse  
When I'm stressed  
I'm not fun to be around  
When I'm stressed  
But I can't really control myself  
When I'm so stressed  
I'm like a different person when I'm so over-stressed

I want to be over all these feelings about my behaviour when I'm so stressed

When I'm so stressed, I'm mad at everything  
I react badly to every little thing  
Stress changes how I behave  
I can be pretty crabby when I'm over-stressed  
I can't handle even the little piddly things when I'm stressed  
I treat people badly  
Especially my family  
On a professional basis, people are relatively safe  
But I can be so nasty around my family, when I'm over-stressed

I want to be completely, 100% over these feelings that I treat people differently when I'm stressed

When I'm feeling so stressed  
Better steer clear  
I can't even handle the little stuff  
When I'm stressed  
If I'm over-stressed, my entire system is overwhelmed  
And I just can't handle the little things  
When I have no outlet for my stress  
I tend to dump it all over the place  
And especially on the people closest to me

Somehow I will be completely, 100% over all these feelings about being a different person when I'm over-stressed

When I'm over-stressed, I'm not even myself  
There's me, and there's the totally stressed me  
I don't know how to deal with what's stressing me  
And I don't know how to deal with my stress  
And I don't know how to deal with all my feelings of anger and frustration  
I wish it was possible for my loved ones not to bear the brunt of my anger and frustration  
I don't like the person I become when I'm stressed.  
Yet I don't seem to be able to help it  
Somehow I can forgive myself for my stressed-behaviour, and not being able to control it.