

## THE CAUSE OF THE STRESS (fill in the blank - person or situation)

Even though this \_\_\_\_\_ is the cause of my stress, somehow I will be alright  
Even though this \_\_\_\_\_ is the main cause of most of my stress, somehow I can manage everything alright  
Even though this \_\_\_\_\_ is the cause of my stress, somehow everything's okay, and I'll be okay.

This \_\_\_\_\_ is the cause of my stress  
\_\_\_\_\_ is the source of my stress  
If I could take away \_\_\_\_\_ a lot of my stress would go away  
This \_\_\_\_\_ is the cause of my stress  
This \_\_\_\_\_ stresses me  
I'm stressed because \_\_\_\_\_  
I'm stressed because of \_\_\_\_\_  
If it wasn't for \_\_\_\_\_ I'd be doing much better  
If it wasn't for \_\_\_\_\_ I'd be feeling much better

I want to be over all these feelings that \_\_\_\_\_ is the source of my stress

I find \_\_\_\_\_ to be very stressful  
I find \_\_\_\_\_ very stressful  
I don't have a better way of dealing with \_\_\_\_\_  
I don't quite know how to deal with \_\_\_\_\_  
I have trouble dealing with \_\_\_\_\_  
How can \_\_\_\_\_ possibly not be stressful  
This \_\_\_\_\_ is very stressful to me  
But not everyone finds \_\_\_\_\_ as stressful as I do  
But certainly \_\_\_\_\_ stresses me

I want to be completely, 100% over all these feelings about \_\_\_\_\_ causing me so much stress

I'm stressed because of \_\_\_\_\_  
This \_\_\_\_\_ is stressful  
If I could change \_\_\_\_\_ it would be great, so much better  
If I could change how much \_\_\_\_\_ stresses me  
What a difference that would make  
This \_\_\_\_\_ stresses me  
I have a lot of stress due to \_\_\_\_\_  
But if I could change how I feel about \_\_\_\_\_  
I would certainly feel less stressed

Somehow I will be completely, 100% over all these stressful thoughts and feelings about \_\_\_\_\_

I don't see how I could change how I think about \_\_\_\_\_  
There doesn't seem to be a way for me to change \_\_\_\_\_  
I want to change this \_\_\_\_\_  
But I feel stuck  
That's why I find \_\_\_\_\_ so stressful  
This \_\_\_\_\_ is stressful because I feel stuck  
It doesn't seem possible that \_\_\_\_\_ will change  
How could \_\_\_\_\_ change  
Is it possible that my reaction to \_\_\_\_\_ could change