

# I LIKE STRESS

Even though I kind of like stress, to a degree, somehow I can love and accept myself  
Even though I sometimes like stress, or at least certain kinds, somehow I can forgive and accept myself  
Even though I think that there are certain positives to feeling stressed, somehow I can forgive and accept myself.

In some ways I actually like stress  
There is such thing as good stress, afterall  
I sometimes accomplish more when I'm stressed  
I sometimes perform better under stressed  
This stressed feeling isn't all bad  
In fact, sometimes this stressed feeling has it's up side  
There are certain things I 'get' out of being stressed  
There are certain things I can do when I'm stressed  
There are ways I can behave when I'm stressed

I want to be over all these feelings about sometimes liking stress

Stress keeps things interesting  
Stress is preferable to being bored  
Being stressed with lots to do makes me feel productive  
Work stress sometimes makes me feel important  
Stress sometimes feels right  
Stress is adrenaline and excitement  
Stress is about crunch time, and gives a sense of importance  
Stress can make things feel more meaningful  
Stress can be an excuse to do or refuse certain things

I want to be completely 100% over all these feelings that in some ways I like stress

Stress gives me the ability to perform better, sometimes  
Stress can be a bit of a rush, sometimes  
Stress gives me focus  
Stress can create all kinds of excuses  
Stress can create certain kinds of opportunities  
Stress allows me certain things  
When I get all stressed out, I have a good excuse to go treat myself  
Feeling over-stressed is a good reason to focus on me  
Stress isn't all bad

Somehow I will be completely 100% over all these feelings that I kinda like stress

Even though I may not like feeling stressed  
I have to admit that stress has certain plus-sides  
There are parts of me that like stress  
As much as I hate stress  
Parts of me are not bothered by stress at all  
And in fact enjoy it to some degree  
Stress can be my friend, and it can feel like my enemy  
Stress can be like a friend or like an enemy  
But really it is simply a natural physical response