



STRESS IN MY LIFE

BELOW IS A LIST OF STRESSFUL LIFE EVENTS. CHECK ANY STRESSFUL EVENTS THAT YOU HAVE EXPERIENCED.

- Family Problems
(arguments, conflict with family members, spouse)
- Job and or School Problems
(low grades, stressful work environment)
- Relationship problems
(Peer, Co-Worker, Friend)
- Loss of a loved one (death or relocation)
- Past abuse (Physical, verbal, or sexual abuse, parental neglect)
- Loss of a friend (Moved away, ended relationship, death)
- Divorce or break-up with a girlfriend or boyfriend
- Limited or no contact with a parent, sibling, or child
- Drug or alcohol problem (addiction to substance)
- Arrest or legal problem
- Sexual problem
- Crime or violence in my neighborhood
- Performance/evaluation challenge (sports, career, test)
- Traumatic experience (House fire, car accident, abuse)
- Parent/Child/Sibling health, drug, or alcohol problem