



Identifying Stressors

Use the following table to identify the sources of stress that cause anxiety and negatively impact your performance.

Stressor	What I usually think	How I usually react	What I should think and how I should respond.
Financial Concerns	Thoughts of worry	Get anxious and tense.	Take deep breaths to control anxiety.

continued...

Unproductive To Constructive

Use this worksheet to write down any unproductive or irrational thoughts that you might have. In the second column reframe your original thought in a more positive and constructive way.

Unproductive Thinking	Constructive Reframing
"I'll never get the erg score I want"	Each time I test I get a little bit better. I'll keep working hard and be patient and the results will come over time. I give myself some credit for all of the improvement I have made since I started.