



# “What Stresses Me Out?”

Place a checkmark in front of the top ten stressors in your life.

- |                                                                  |                                                           |
|------------------------------------------------------------------|-----------------------------------------------------------|
| _____ Being bullied or teased                                    | _____ Being exposed to violence or injury                 |
| _____ Family conflicts                                           | _____ Problems with friends                               |
| _____ Death of a loved one                                       | _____ Problems with schoolwork                            |
| _____ Busy schedules, always being on the go                     | _____ Tests                                               |
| _____ Getting pressured to do something you don't want to do     | _____ Trying out for a sports team or school play         |
| _____ Having a lot of homework                                   | _____ Making friends                                      |
| _____ Making mistakes                                            | _____ Trying something new that you're not sure how to do |
| _____ Being in a dangerous, destructive, or disturbing situation | _____ Parents                                             |
| _____ Romantic relationships                                     | _____ Someone moving into your home                       |
| _____ Health problems                                            | _____ Frequent teasing or name-calling                    |
| _____ Academic pressure                                          | _____ Career decisions                                    |
| _____ Pressure to wear certain types of clothing or hairstyles   | _____ Pressure to try drugs or alcohol                    |
| _____ Pressure to fit in with peer groups                        | _____ Changes in your body                                |
| _____ Moving to a new home and school                            | _____ Dating                                              |
| _____ Too-high expectations                                      | _____ Employment                                          |
| _____ Too much to do                                             | _____ Physical appearance                                 |
| _____ Not achieving something that you really wanted             | _____ Money problems                                      |
| _____ Fear of not fitting in                                     | _____ Finding a job                                       |
| _____ Keeping a job                                              | _____ Learning to play an instrument                      |
| _____ Problems with teachers                                     | _____ Pressure to have sex                                |