

REFRAME YOUR STRESS STORY

Use the chart below to write and reframe your stress story. I added an example below. Your stress story is the meaning you apply to a situation. It's your interpretation or belief. But what if you changed the story? You have the power to redefine the event and reframe your story to cultivate a new type of emotion response.

This exercise helps you step outside of your typical way of thinking. And if you find this process helpful, you can practice implementing it when stressful events come up for you in the future!

Example:

EVENT: *I have dinner this weekend with my whole family and they always ask when I'm having kids.*

STRESS STORY:

When they ask I worry that they will be disappointed bc don't have an answer yet.

EMOTION/RESPONSE:

Not enough. Annoyed. Upset, Like I need to be farther along that I am.

NEW STRESS STORY:

When they ask I know that it's coming from a place of excitement and I'm equipped with a really good answer. If they're disappointed, that's not on me.

EMOTION/RESPONSE:

Calm. Grounded in my decisions.

Your turn:

EVENT:

STRESS STORY:

EMOTION/RESPONSE:

NEW STRESS STORY:

EMOTION/RESPONSE:

EVENT:

STRESS STORY:

EMOTION/RESPONSE:

NEW STRESS STORY:

EMOTION/RESPONSE:

EVENT:

STRESS STORY:

EMOTION/RESPONSE:

NEW STRESS STORY:

EMOTION/RESPONSE:

EVENT:

STRESS STORY:

EMOTION/RESPONSE:

NEW STRESS STORY:

EMOTION/RESPONSE: