



People Dynamics

Handout 6

Stressful or Negative Situations



Think about stressful or negative situations that made you feel out of control:

What happened that made you upset?

Thinking about what steps to take and how to handle the situation.

1. Think of what you can do best.
2. Think about how you can best cope with the situation.
3. Think about how to change the situation.
4. Think about a plan of what you can do best.

A series of horizontal dashed lines providing space for writing answers.