



DON'T LOSE YOUR COOL

We all have certain things, situations, or people that cause us to lose our composure from time to time. Determine what causes YOU to "lose your cool" by completing this activity. When you begin to identify your stressors, you can become skilled at preventing negative consequences. Place an X next to each factor that causes you stress. There are blank spaces provided so you can add your own.

Don't Push the Panic Button!

What causes you to "lose your cool"?

- | | |
|---|--|
| <input type="checkbox"/> being late | <input type="checkbox"/> being cut from a sports team |
| <input type="checkbox"/> too much homework | <input type="checkbox"/> losing something valuable |
| <input type="checkbox"/> speaking in public | <input type="checkbox"/> parents fighting |
| <input type="checkbox"/> babysitting | <input type="checkbox"/> getting detention |
| <input type="checkbox"/> going to the dentist | <input type="checkbox"/> your job |
| <input type="checkbox"/> arguments with friends | <input type="checkbox"/> taking tests |
| <input type="checkbox"/> restrictions at home | <input type="checkbox"/> video games |
| <input type="checkbox"/> chores | <input type="checkbox"/> using a computer |
| <input type="checkbox"/> lack of sleep | <input type="checkbox"/> closed-in spaces |
| <input type="checkbox"/> no date for a dance | <input type="checkbox"/> commercials |
| <input type="checkbox"/> zits | <input type="checkbox"/> interruptions while busy |
| <input type="checkbox"/> physical education class | <input type="checkbox"/> getting an injection |
| <input type="checkbox"/> math class | <input type="checkbox"/> arguments with parents |
| <input type="checkbox"/> English class | <input type="checkbox"/> fight with boyfriend/girlfriend |
| <input type="checkbox"/> other class _____ | <input type="checkbox"/> losing |
| <input type="checkbox"/> cafeteria food | <input type="checkbox"/> careless drivers |
| <input type="checkbox"/> boredom | <input type="checkbox"/> slow drivers |
| <input type="checkbox"/> rude people | <input type="checkbox"/> loud people |
| <input type="checkbox"/> no money | <input type="checkbox"/> baby crying |
| <input type="checkbox"/> no transportation | <input type="checkbox"/> disrespectful children |
| <input type="checkbox"/> playing on a sports team | <input type="checkbox"/> a friend betrays you |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |