

Stress Attitude Comparison

Accumulated Stress can have an effect on your attitudes (your mental and emotional tendency to evaluate things in a certain way).

Please list the **attitudes you have when STRESS effects you** – *compared with what attitudes you would easily be able to connect with if you have **no stress** to deal with.*

When I'm stressed these attitudes are easy	When there is NO stress, these attitudes are easy

What conclusions can you come to regarding your stress levels and your attitudes?