

Identifying Life Stressors

Instructions: Take some time to reflect on your life and think about the things that cause you stress. Complete the table below by identifying and describing your personal stressors. Be as specific as possible and try to think about various areas of your life. Remember, this is an opportunity to gain self-awareness and explore the factors that contribute to your stress.

Table: Life Stressors

Stressor	Description	Impact on Well-being
Academic	Difficult subjects, tests, projects, workload, etc.	
Family	Conflicts, expectations, changes, relationships, etc.	
Peer Pressure	Influence from friends, fitting in, social expectations, etc.	
Emotional	Anxiety, anger, sadness, fear, etc.	
Social	Social events, parties, making friends, dating, etc.	



Time Management	Balancing school, extracurricular activities, personal life, etc.	
Self-Image	Body image, self-esteem, self-confidence, etc.	
Future Planning	College decisions, career choices, future uncertainty, etc.	
Technology	Social media, online pressure, screen time, etc.	
Other	Any additional stressors not mentioned above	

Reflection Questions:

1. Which stressors listed above do you experience most frequently?
2. Are there any stressors that surprise you or that you hadn't considered before?
3. How do these stressors impact your overall well-being and daily life?
4. Are there any stressors that you feel you have control over? How can you address them?
5. Are there any stressors that you can seek support for from friends, family, or professionals?

This exercise is meant to help you identify your stressors and gain insights into how they affect you. It's essential to share your findings with your therapist or counselor, as they can guide you in developing coping strategies and managing stress effectively.



Note: This worksheet is not a substitute for professional therapy. If you are experiencing significant distress, it's important to reach out to a mental health professional for support.