

# Personal Strengths Summary Sheet

Keep this list of strengths handy to feel good about which ones you have going for you when facing stressful times. There are some blank lines below to add any others you discover about yourself.

Enthusiasm

Reliability

Trustworthiness

Creativity

Discipline

Patience

Spiritual

Quick Learner

Motivated

Determination

Dedication

Honesty

Easygoing

Good Communicator

Practical

Flexibility

Organized/Detail-oriented

Solid listener/Patient

Open-minded

Humor

Kindness

Caring

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# Bodily Symptoms Tracker

The following is a list of bodily symptoms that indicate you may be experiencing stress. Keep this sheet handy over the next few weeks and fill in what situations are associated with these symptoms:

*Rapid breathing* \_\_\_\_\_

*Headache* \_\_\_\_\_

*Queasiness (stomach butterflies)* \_\_\_\_\_

*Back or neck ache* \_\_\_\_\_

*Dry mouth* \_\_\_\_\_

*Quickly feeling tired* \_\_\_\_\_

*Feeling chronically tired* \_\_\_\_\_

*Stomachache* \_\_\_\_\_

*Sweaty palms* \_\_\_\_\_

*Flushed or hot cheeks* \_\_\_\_\_

*Fast heartbeat* \_\_\_\_\_

*Feeling tired* \_\_\_\_\_

*Inability to concentrate* \_\_\_\_\_

*Feeling weak* \_\_\_\_\_

*Trembling* \_\_\_\_\_

*Loss of appetite* \_\_\_\_\_

*Sleep problems* \_\_\_\_\_

*Cramps* \_\_\_\_\_

# Common Teen Triggers Summary Sheet

The following is a list of common stress triggers (Academic, Social, Body Image, and Family) to keep handy when trying to identify situations that you find stressful.

## Academic Triggers

- \* Taking a difficult class
- \* Hearing peers make comments comparing their academic performance to your own
- \* Being presented new class material that you can't grasp even when it's further explained
- \* Failing to do homework/readings and falling behind
- \* Cramming for an exam
- \* Receiving a poor grade on a test or project
- \* Having your teacher criticize or correct your work

## Social Triggers

- \* Not knowing what "group" you belong in
- \* Trying to fit into a group
- \* Judging yourself based on your peers' opinions
- \* Feeling as though peers are superior to you
- \* Lack of attention from the opposite sex
- \* Rejection from the opposite sex
- \* Fighting with or being ignored by a friend
- \* Being ignored or not being invited to an event on social media
- \* Relationship issues/turbulence (breakups/fights)

## Body-Image Triggers

- \* Comparing yourself to peers who have "better" bodies
- \* Comparing the way you look in trendy clothes to the way your peers look "better" in the same kind of clothes
- \* Focusing on a facial or bodily feature that you dislike Changing up your look but feeling even more self-conscious
- \* Focusing on your physical appearance more than on your well-being
- \* Pressure from peers to diet or work out rigorously

## Family Triggers

- \* Your parent asking you about something you haven't done yet (homework, finishing a project, applying for college, etc.)
- \* Your sibling belittling, rejecting, or excluding you
- \* Comparing yourself to your siblings in terms of accomplishments, appearances, and so on
- \* Your parents fighting and/or stress over divorce
- \* Chronic illness and/or death of a loved one
- \* Financial issues

# Distorted Negative Thoughts Summary Sheet

**All-or-nothing thinking:** If something in your life isn't perfect, then everything is a mess. So, for example, if you don't get an A on that test, then you (unfairly!) see yourself as a total failure. This is otherwise known as *polarized thinking*.

**Jumping to conclusions:** Are you often certain that a situation is going to turn out poorly, before things even have a chance to play out? If you hear your teacher announce a test and immediately think, *I'm gonna fail this test*, then you're jumping to conclusions. The same goes for telling yourself you won't be able to stand your mother's new boyfriend, even though you haven't met him yet.

**Negative filtering:** When you only look at the negatives of a situation even though there are positives to be seen, then you're falling victim to negative filtering. An example of negative filtering is, when remembering a past relationship, thinking only about the bad times and the mistakes you made instead of also considering the good times and how the relationship helped you grow. Or your teacher says you did a nice job on your oral presentation but gave you one piece of constructive feedback: next time, you might talk a little more slowly. Now all you can think about is how you talked too quickly, and you feel disappointed in yourself, when instead you should be feeling good about the praise you received overall.

**Catastrophizing:** This type of thought pattern occurs when you take a potential minor issue and make it into a majorly disastrous one. Asking "What if...?" often sets the stage for this distorted way of thinking. For example, a teen who gets a rejection from one college she applied to may immediately think no other colleges will accept her and thus her life is ruined. She may say to herself, *What if don't get into any college, I become homeless, and my friends and family think I'm a loser?* As another example, if you make a joke and it doesn't go over well, you may panic that no one will ever find you cool to hang out with.

**"Should" (or "should not") thinking:** "Should" thinking involves very rigid expectations about how you and others must behave. For example, you may think that you should have aced a hard test and put unfair amounts of pressure on yourself. Or you're frustrated about how long it's taking you to do a single math problem. You wonder angrily: *What's wrong with me? This math problem shouldn't be so hard to do.*

**Labeling:** Seeing yourself as "stupid" because you can't readily grasp a new concept in your math class is an example of this. So is seeing the new kid as a "loser" just because he wears fashions from the last decade. And labeling groups of kids may lead you to lump together some perceived unflattering qualities. For example, seeing a peer as a "dumb jock," an "airhead cheerleader," or a "low-life gamer" is one way you or others may fall into the labeling trap.

**Negative Comparisons:** You unfavorably compare yourself to others. Other people's lives are great, and they have it all together, whereas something about you doesn't measure up. You may be comparing yourself to people in the media or the people you sit next to every day. For example, you think, *She's thinner and she's prettier than I am.* Or *He's a star athlete, and hot girls like him; who cares if people think I'm smart? I'm still jealous.*

# Tracking Bodily Symptoms and Counterproductive Thoughts and Feelings

The first step in managing your upsetting thoughts and feelings is learning to tune in and be on the lookout for what is happening in your body, your thoughts, and emotions. Using the columns below, write down the time of day, bodily symptoms, upsetting thoughts and emotions that come your way.

Time/Day	Bodily Symptom	Upsetting Thought	Related Feelings

# Gratitude Tracker

You can use this one-week gratitude tracker to keep a record for what you appreciate. This customizable sample will give you the spark to keep a gratitude journal, which you can structure in a similar way.

Day 1: Something I am grateful for today is:

Day 2: A kind thing I did today was:

Day 3: People I feel connected to right now are:

Day 4: An accomplishment I valued today was:

Day 5: What I value about my physical self today is:

Day 6: Today was awesome because:

Day 7: Something that made me smile today was: