

WHAT'S STRESSIN' YOU OUT ANYWAY?

1. List 3 stresses currently or recently: (things that cause you to have stress).
 - a. in your life

 - b. in your spouse's life

2. How am I dealing (dealt) with these stresses?

3. Is there any way I could have dealt (could deal) with these differently? If so, how.

4. Is there any way you (my spouse) could help me?