

Managing Reactions Worksheet



The combination of triggers, reminders, and chronic stress can create intense physical and emotional reactions that make it hard for you to stay calm. If you learn to manage these distressing reactions, you can reduce their negative effects on decision-making, interpersonal life, daily functioning, sleep, and physical health. You can also reduce the risk of substance abuse or other maladaptive coping responses.

1. Describe the stressful situation and the distressing reaction that is bothering you most.

2. Decide what you can do to help feel better. List the skills you can use to help reduce the distressing reaction (breathing, talking with a friend, writing). Review handouts on specific reactions to help make your list.

3. Make a plan to address stressful situations and reactions. Identify specific stressful situations that are upsetting, and identify skills to help with each.

Specific Situation	What can I do before, during, or after the stressful situation?

Put it into action!

If it doesn't work out, you can always try another skill.