

# CBT Stress Management Workbook

## Day 4 Worksheets

In this section, you will explore your thoughts, feelings, and behaviors related to stress and practice creating positive affirmations and actions. Use the templates below to guide your responses.





## Worksheet 3: Action Plan

Instructions: Identify a stressful situation, your planned response, and the action you will take to address it effectively.

Stressful Situation	Planned Response	Action Steps