LESSON 1

Reflective Questions:

Date: _____

In hindsight, what were some of the warning signs you noticed before the affair began?

What are some of the ways you've struggled with your partner's reaction?

LESSON 1

Reflective Questions:

Date: _____

How would you have defined stress before going through this lesson?

How have you experienced positive stress in your life?

- *What was that like for you?*
- *How did you manage your stress during that time?*

LESSON 1

Reflective Questions:

Date: _____

- *Think about a time you experienced distress.*
  - *What was happening?*
  - *What were your responses to it?*

How do you wish you would have managed that stress better?

LESSON 1

Activity Sheet

Date: _____

After learning about the general definition of stress, both positive and negative, use the space below to journal about how stress is affecting your life currently.
First focus on how stress is creating difficulty in your life.
Next try to write a bit about how stress may actually be helping in your life in some way.

Identify 3 goals for how you'd like to experience and manage your current stress level.

1.
2.
3.