



# stresscontrol

Face your fears; be more active; watch what you drink

## Step 3

### Know your enemy

This handout asks you to work out how stress affects you. If you can, ask others what they think.

The more you 'know your enemy', the more you will be able to fight it.

1) How would you describe your problem(s)?

**2) How would people close to you describe your problem(s)  
Ask them. Do you agree?**

**3) How long have you been aware of it?  
Has it stayed at the same level? Does it come and go?**

**4) Do you know what caused the problem(s)?**

**5) Do these problems run in the family?  
Why do you think this is?**

**6) What have you tried in the past?  
Would these help now?**

**7) What made you look for help now?**

**8) What are you doing to help just now?  
How well is this working?**

**9) Is there a pattern to your problems?**  
e.g. are you worse in the morning, at weekends, on holiday? Why is this?

**10) What things make it worse?**  
e.g. being in crowds, being alone, alcohol? Why is this?

**11) What things make it better?**  
e.g. being with the family, being busy, talking to friends? Why is this?

**12) What do you think keeps your problems going?**  
e.g. social factors, drinking, avoidance?

## Last words

The aim of **Step 3** is to work out how stress affects you. Your next task, in **Step 4**, is to get to grips with the stress. You will learn:

- to Clear the Decks to get ready for the course
- to find hidden problems to make sure you know how to best fight the stress
- some good and quick ways to control stress.

Doing these things will get you on the right track before the course starts.