Don’t Lose Your Cool

We all have certain things, situations, or people that

cause us to lose our composure from time to time.

Determine what causes YOU to “lose your cool” by

completing this activity. When you begin to identify

your stressors, you can become skilled at preventing

negative consequences. Place an **X** next to each factor

that causes you stress. There are blank spaces

provided so you can add your own.

Don’t Push the Panic Button!

What causes you to “lose your cool”?

\_\_\_\_losing something valuable

\_\_\_\_\_\_ parents fighting

\_\_\_\_\_\_ getting detention

\_\_\_\_\_\_ your job

\_\_\_\_\_\_ taking tests

\_\_\_\_\_\_ video games

\_\_\_\_\_\_ using a computer

\_\_\_\_\_\_ closed-in spaces

\_\_\_\_\_\_ commercials

\_\_\_\_\_\_ interruptions while busy

\_\_\_\_\_\_ getting an injection

\_\_\_\_\_\_ arguments with parents

\_\_\_\_\_\_ fight with boyfriend/girlfriend

\_\_\_\_\_\_ losing

\_\_\_\_\_\_ careless drivers

\_\_\_\_\_\_ slow drivers

\_\_\_\_\_\_ loud people

\_\_\_\_\_\_ baby crying

\_\_\_\_\_\_ disrespectful children

\_\_\_\_\_\_ a friend betrays you

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\_\_\_\_\_\_ being late

\_\_\_\_\_\_ too much homework

\_\_\_\_\_\_ speaking in public

\_\_\_\_\_\_ babysitting

\_\_\_\_\_\_ going to the dentist

\_\_\_\_\_\_ arguments with friends

\_\_\_\_\_\_ restrictions at home

\_\_\_\_\_\_ chores

\_\_\_\_\_\_ lack of sleep

\_\_\_\_\_\_ no date for a dance

\_\_\_\_\_\_ zits

\_\_\_\_\_\_ physical education class

\_\_\_\_\_\_ math class

\_\_\_\_\_\_ English class

\_\_\_\_\_\_ other class \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ cafeteria food

\_\_\_\_\_\_ boredom

\_\_\_\_\_\_ rude people

\_\_\_\_\_\_ no money

\_\_\_\_\_\_ no transportation

\_\_\_\_\_\_ playing on a sports team

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