## EXERCISE ~ YOUR PRIMARY SOURCES OF STRESS

**Instructions**

- Please tick those areas of life that you experience as stressful.
- Please print or have this document available for the free EFT group coaching event.

I will take you through the rest of the exercise during the event.

| | | | | |
|---|---|---|---|---|
| Business/Work | | | | |
| Children | | | | |
| Community | | | | |
| Health | | | | |
| Family | | | | |
| Fitness | | | | |
| Friends | | | | |
| Getting Divorced or Separating | | | | |
| Hobby | | | | |
| Holiday/travel | | | | |
| In-Laws | | | | |
| Injury | | | | |
| Loss | | | | |
| Money | | | | |
| Moving/relocated | | | | |
| Pets | | | | |
| Physical Discomfort | | | | |

| | | | | |
|---|---|---|---|---|
| Relationship | | | | |
| Retiring | | | | |
| Safety - Physical/ emotional | | | | |
| Sexual challenges | | | | |
| Sick loved one | | | | |
| Sleep | | | | |
| Study | | | | |
| Time for yourself | | | | |
| Weight | | | | |

| | | | | |
|---|---|---|---|---|
| Frustrated | | | | |
| Irritated | | | | |
| Annoyed | | | | |
| Resentful | | | | |
| Angry | | | | |
| Bitter | | | | |
| Concerned | | | | |
| Worried | | | | |
| Anxious | | | | |
| Fearful | | | | |

| | | | | |
|---|---|---|---|---|
| Helpless | | | | |
| Disappointed | | | | |
| Embarrassed | | | | |
| Guilty | | | | |
| Rejected | | | | |
| Regretful | | | | |
| Sad | | | | |
| Other | | | | |