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WORKSHEET: DEALING WITH TOUGH SITUATIONS

We will all be in tough situations at some point in our lives. It can be helpful to think through these situations to figure out what we can change and how to go about it. This worksheet can help you through this process. Be sure to start a new sheet for each different situation that you want to tackle.

What is the situation that is troubling you or stressing you out?

What about this situation can you change?

Whom can you ask for help to change it, and what do you want them to do?

While you can't always control your feelings or emotions, you can challenge your own thoughts and change your own actions. You also can't change what has already happened or other people's thoughts or behaviors. As hard as it is, sometimes we have to accept what we can't control or change and make a plan to deal with those situations.

What about this situation are you NOT able to change?

What do you need to hear to feel better?
