Looking at "Stressful" Situations

"Stress" = can result from a mismatch between **skills needed** to handle a situation and **my own repertoire** of skills.

Situation			**Factors** contributing to problem	**Skills needed** to handle situation	**My level** of mastery of that skill	**Strategies** to help handle situation	Outcome/Insights Observations etc.
Prediction		Great			1 2 3 4 5 6 7 8 9 10		
Reaction		Good			1 2 3 4 5 6 7 8 9 10		
High		Fine			1 2 3 4 5 6 7 8 9 10		
Med					1 2 3 4 5 6 7 8 9 10		
Low		Fear			1 2 3 4 5 6 7 8 9 10		

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Situation			**Factors** contributing to problem	**Skills needed** to handle situation	**My level** of mastery of that skill	**Improvements /strategies** to help handle situation	Outcome/Insights Observations etc.
Prediction		Great			1 2 3 4 5 6 7 8 9 10		
Reaction		Good			1 2 3 4 5 6 7 8 9 10		
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