

**Relaxation Technique**

**Directions:** Stress is often caused by fear that you won't do well on a test or in certain situations. Use this simple technique to rewrite the thoughts you may have about any stressful situation in your life.

Topic of My Stress  
(For Example: Next Week's Test)

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In this column, list all the reasons you don't believe you will do well in the situation.

In this column, write a positive statement that contradicts your negative belief about how well you will do in the situation.

Example: I can't remember anything.

Example: I can remember what I need to remember.

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