

Questions to Ask Yourself When You Are Stressed at Work....

1. Will this matter in 5 weeks?
2. Am I in someone else's business or in my business?
3. What about this situation or person irritates me? Do I have that trait?
4. Why don't I like that trait?
5. If I hold this thought for more than 17 seconds, I run the risk of physical illness. Is this worth getting sick over?
6. Do I want to stay in this job? If yes, is my stressful thought creating behaviors in me that ensure my continued employment or potentially harm it?
- 6b. If I do not want to keep this job, is my stressful thinking creating an exit strategy that will result in an excellent reference?
7. What are the TOP THREE reasons I like this job?
8. Am I trying to be right or do the right thing? Do I get the difference?
9. What I am worried will happen if I stop thinking about this?
10. Are my thoughts about this completely true---or is it possible I have partial information? Is it possible I have filled in some gaps in a negative way?

Created by Stephanie Goddard (Davidson)...author of "101 Ways to Love Your Job". See more tips at <http://www.work-stress-solutions.com>



