## Worksheet One: The Triple A Approach

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| Scenario | Alter? | Avoid? | Accept? | Action Plan |
| Your neighbor always comes outside to talk to you as you leave the house. You often don’t have time for conversation, especially since it is usually negative, but you feel bad saying no. |  |  |  |  |
| You have just joined a new team at work. You find your new manager abrasive and that dealing with him is stressful. |  |  |  |  |
| Your mother-in-law is coming to visit next week. You always find her visits time-consuming and stressful. |  |  |  |  |
| You live in an area that experiences frequent earthquakes. You find these events very unnerving and hard to deal with. |  |  |  |  |
| You have been putting off your yearly dental checkup for a few months because you find it stressful. However, you developed a toothache last week that is getting painful. |  |  |  |  |