

## Events and Benefits

Name \_\_\_\_\_

Date \_\_\_\_\_

Use the following worksheet to identify stressful events in your life and come up with some benefits of those events.

### Example:

Event	Benefits
I studied really hard for a test, but it got moved to the next week because the teacher wasn't there.	<ul style="list-style-type: none"><li>• I don't have to study too much anymore, since I have already done it</li><li>• I have more time to clear up any confusion I may still have about the topic</li></ul>

### Your Responses:

Event	Benefits

