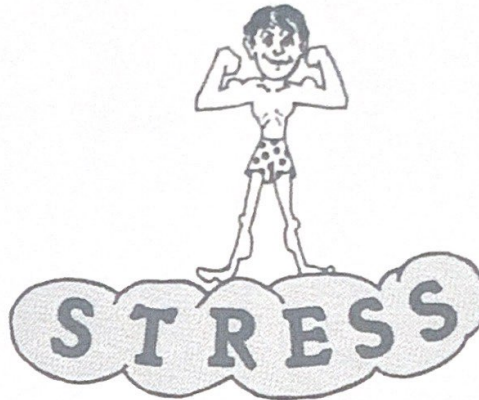


**SELF-CONTRACT**

**How I'm Going to be  
"On Top Of"  
STRESS !**



Name \_\_\_\_\_

#1 When I see that I \_\_\_\_\_  
Stress Symptom (s)

I will \_\_\_\_\_  
\_\_\_\_\_

#2 When I see that I \_\_\_\_\_  
Stress Symptom (s)

I will \_\_\_\_\_  
\_\_\_\_\_

#3 When I see that I \_\_\_\_\_  
Stress Symptom (s)

I will \_\_\_\_\_  
\_\_\_\_\_

#4 When I see that I \_\_\_\_\_  
Stress Symptom (s)

I will \_\_\_\_\_  
\_\_\_\_\_

#5 When I see that I \_\_\_\_\_  
Stress Symptom (s)

I will \_\_\_\_\_  
\_\_\_\_\_