

STRESS HISTORY WORKSHEET

List any traumas you endured at a young age: (abuse, upheaval, loss of a parent or care giver, injury/illness, etc.) _____

List all significant stressors you have endured as an adult: _____

List any stress related physical symptoms you have had and the time period: (Insomnia, lack of menses, digestive upset, weight gain/loss, increase in colds/flu/infections, autoimmune diseases): _____

List any mental symptoms that you have had related to stress: (anxiety, depression, hyper-vigilance): _____
