

HOW STRESS SHOWS UP IN MY FAMILY

Draw two different pictures. Choose a few adjectives that describe what things are like within each situation.

Draw a typical scene from your family when people ARE stressed:

Draw a typical scene from your family when people are NOT stressed:

What are some adjectives that describe this scene?

1. _____
2. _____
3. _____

What are some adjectives that describe this scene?

1. _____
2. _____
3. _____