

EXERCISE 4.7 RECOGNIZING YOUR PATTERNS

Your Patterns

*When I get stressed out
at work, my wife and
I get into arguments*

Your Role

*I take my frustrations
out on my wife. I say
mean things, start fights*

Your Red Flags

*overwhelmed at work,
feel stressed, irritable,
drive too fast, slam doors*

Your Prevention Plan

*stress management, cool
down before going home
exercise, warn my wife*
