



## Worry Box Exercise

*For people with diabetes*

### Identify what causes your stress:

Normal life events:

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Unexpected events:

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Work stress:

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Everyday pressures:

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Personality traits:

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Other sources:

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**Now, read your list and answer these questions:**

1. Which of these stresses are important to me?

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2. Which of these things that cause me stress can I control?

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**Then fill out this worry box:**

- **In Box A:** Write down the stressors that are important and that you can control.
- **In Box B:** Write down the stressors that are important and that you cannot control.
- **In Box C:** Write down the stressors that are not important and that you can control.
- **In Box D:** Write down the stressors that are not important and that you cannot control.

▼ **I can control**

▼ **I can't control**

▶ **Important to me**

▶ **Not important to me**

<b>A</b>	<b>B</b>
<b>C</b>	<b>D</b>

**Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

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