

# Threat Analysis

Write down anything and everything you can think of that is causing you stress, worry, nervousness, anxiety or pressure right now.

Which of these things is the BIGGEST threat right now?

On a scale of 1-10, with 10 being the most stressful, how stressful does this feel right now?

Why does it not feel as bad as one more than the score you gave?

Why does it not feel as easy as one less than the score you gave?

What are some things you could you do that would help bring the current score down by one?

Are any of these something you'd like to do now?