*Stress Management Training S2.b*

Session Two

**Subjective Measure of Change**

Name...................................................................................................................................................

Think of a small, but significant gain, that you wish to make when you're managing stress better.

Each person's Subjective Measure of Change is entirely unique. However, here are some examples of what other people have chosen in the past.

 To go to the newsagents without being afraid.

 To be able to relax in the evening.

 To meet one new person and start a conversation.

 To be able to say 'no' at work.

 To be able to go out without my spouse.

 To be able to sleep through the night sometimes.

 To stop having unpleasant thoughts.

 To be free from the pain of muscle tension in the shoulders.

The Subjective Measure of Change that I wish to aim for is:

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