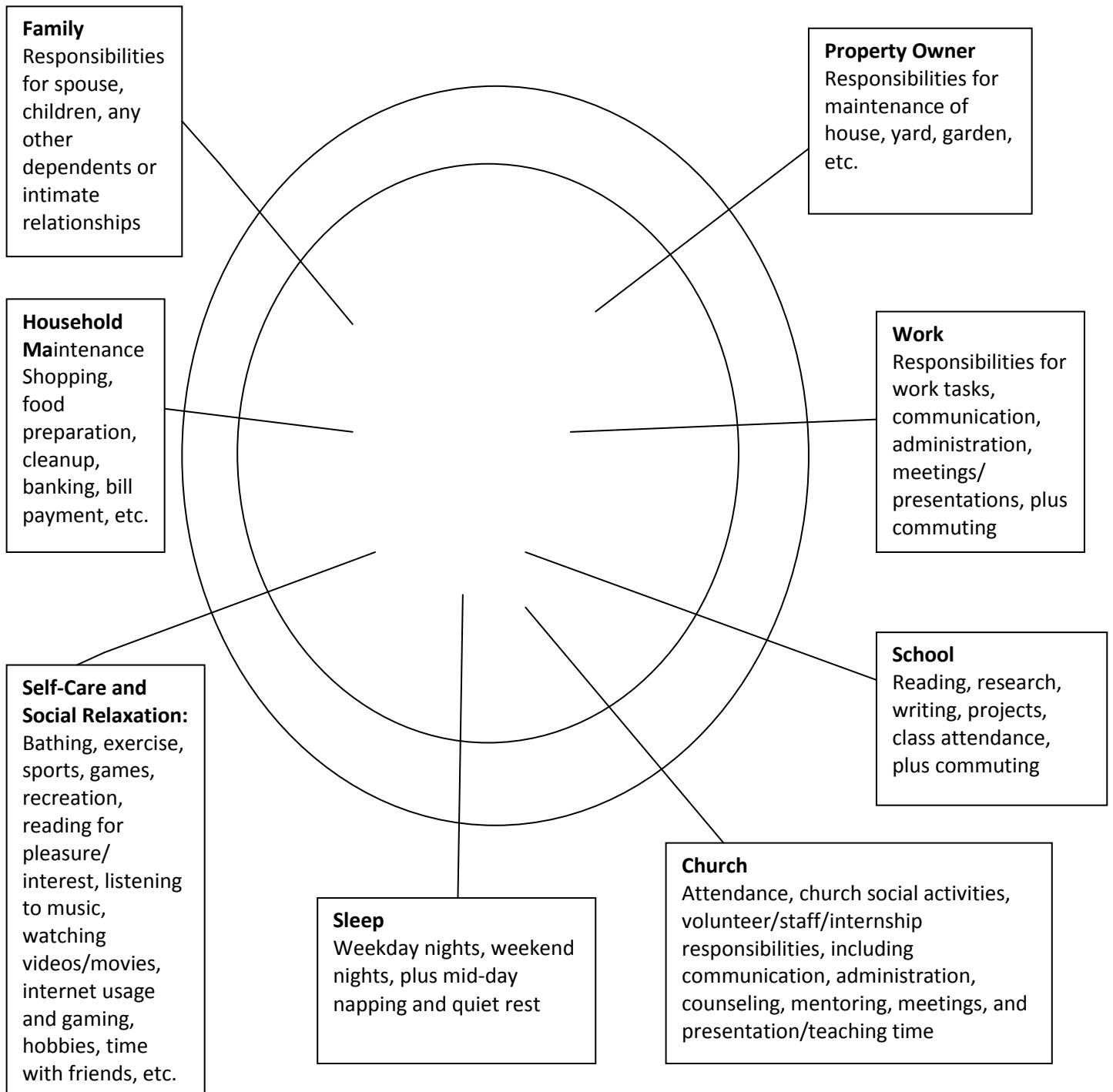


## Taking a Closer Look at Personal Stressors: The Pie Plate Chart

(1) List around the outer edge of plate your major spheres of responsibility (e.g. family, work, etc.) and the specific tasks/obligations each sphere requires of you:



(2) Optional:

- Estimate (roughly) average number of hours per week each major sphere of responsibility (e.g. school, church, etc.) requires from you (guess if unsure) and
- draw lines to divide pie plate into pie-piece segments corresponding in size to hours required by each sphere of responsibility as a percentage of the whole (=total hours available)

(3) Identify and mark personal stressors/rejuvenators

- Using a green colored pencil, place a green dot in front of any listed activities/tasks that you find to be not just relaxing, but renewing and restorative (they reset your brain and give you positive energy)
- Using a yellow colored pencil, place a yellow dot in front of any listed activities/tasks that take your energy but are not a major source of stress or anxiety and do not seriously deplete you.
- Using a red colored pencil, place a red dot in front of any listed activities/tasks that are a major source of stress or anxiety and seriously deplete your energy.

(4) Optional:

(a) Look at where your red dots appear; if any major sphere of responsibility contains two or more red dots, draw a red line connecting those items.

- If there is a common factor that makes these two or more items stressful or there is a common reason why these items are stressful, write that factor/reason next to the red line that connects these items.
- If the two or more red items within a single sphere of responsibility are stressful or produce anxiety at least in part because you perceive them to be largely beyond your control, circle the entire sphere of responsibility in red and treat it as problematic.

(b) Look at where your green dots appear; if any major sphere of sphere of responsibility contains two or more green dots, draw a green line connecting those items.

- If there is a common factor that makes these two or more items renewing and rejuvenating, write that factor/reason next to the green line that connects these items.
- If three green dots appear in any one major sphere of responsibility, circle the entire sphere of responsibility as one that needs to be carefully protected from all competing demands.