



WORKSHEET 9



In everyone's life, it's important to have friends who, in your opinion, deal well with stress

If you could take them with you to the hardest conversation of your life, who would you take?

Give reasons for you answer.

1

NAME:
REASON:

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.....

.....

2

NAME:
REASON:

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Think about the features of your 1st friend that help them to cope with stress and come out of any situation unscathed. Write them down.

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WORKSHEET 9



Think about the features of your 2nd friend that help them to cope with stress and come out of any situation unscathed. Write them down.

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