Worry Box Exercise
For people with diabetes

Identify what causes your stress:

Normal life events:

_________________________________________________________________________________
_________________________________________________________________________________

Unexpected events:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Work stress:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Everyday pressures:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Personality traits:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Other sources:

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

1. Which of these stresses are important to me?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

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

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

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.

<table>
<thead>
<tr>
<th>I can control</th>
<th>I can’t control</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Important to me</strong></td>
<td><strong>Not important to me</strong></td>
</tr>
<tr>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>C</td>
<td>D</td>
</tr>
</tbody>
</table>

**Questions?**

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

Diabetes Care Center: 206-598-4882