

# Stress-Inoculation Imagery Worksheet

**Stressor** (specific event  $\leq$  7 days away):

**Coping Toolkit** (list 2-3 skills):

**Visualize the Scene:** What do you see, hear, feel physically?

**Stress Cues:** What physical signs tell you stress is rising?

**Coping Sequence:** When and how will you apply each tool?

**Visualise the Outcome:** What does a realistic success look like?

**SUDS Rating (0-100):** \_\_\_\_\_ **Distress Rating (SUDS, 0-100):** \_\_\_\_\_

Notes or Tweaks for Tomorrow: \_\_\_\_\_