CoachHelp2

Step One:

Write each person's name in attendance on the top line of each of the four sections

Step Two:

- On that same line, write the number that indicates each person's self-identified overall stress level during their "worst week in the home"
- Also, indicate their overall stress level on the stress line indicated in the middle of the page

Step Three:

Beneath their name and overall stress level, write "in their own words" their top three complaints. As you go
along, be converting their complaints into solvable categories and putting the categories in parenthesis beneath
their complaints

Step Four:

• Beside each complaint, indicate the percentage of overall stress reduction that would occur if you were able to help the family to solve ONLY that complaint and no other

Clinical Example:

Stress Chart

Stress Chart													
6	10%	20%	30%	40% Joshua	50%	60%_	_X Joe	_70% John	80%_	X Mom	_90%	100	
MO	OM's. Top 3 Str	essors That Ca	uses <u>85</u> % St	<u>ress</u>	<u>John</u>	's (Boyfrien	<u>ıd)</u> Top	3 Stressors	That Cause	es 70 %	Stress		
(CF #2 (Siu #3 209 Saf	% ety issue revea	by 55% uing all the tin Reduce by 30 hua Picking At aled at end of selections Vor acts of views	me" 0% Me" (Disrespe stress chart ar iolence towa	ct)- Reduce by and added to cha	## bj # art:	2 <i>"Janet a</i> v 10%	always	't respect J. complains a y/Out of Wo	about the h	, ,			
oe's Top 3 Stressors That Causes 65% Stress					<u>Joshu</u> .	Joshua's Top 3 Stressors That Causes 40 % Stress							
doe	#1 "I have to do too many chores and Joshua doesn't"-Reduce by 15% (Chores)					#1 Joe punches me"-Reduce by 20% (Aggression)							
	"My brother bling Fighting)	bugs me″-Red	luce by 15%		#2 by 1		et to sp	end time w	rith my frier	nds"-Re	duce		
#3	3 "Mom yells	too much"- Re	duce by 10%		#3	"IMa nava	or do a	nything fun	" Poduco hi	2007			