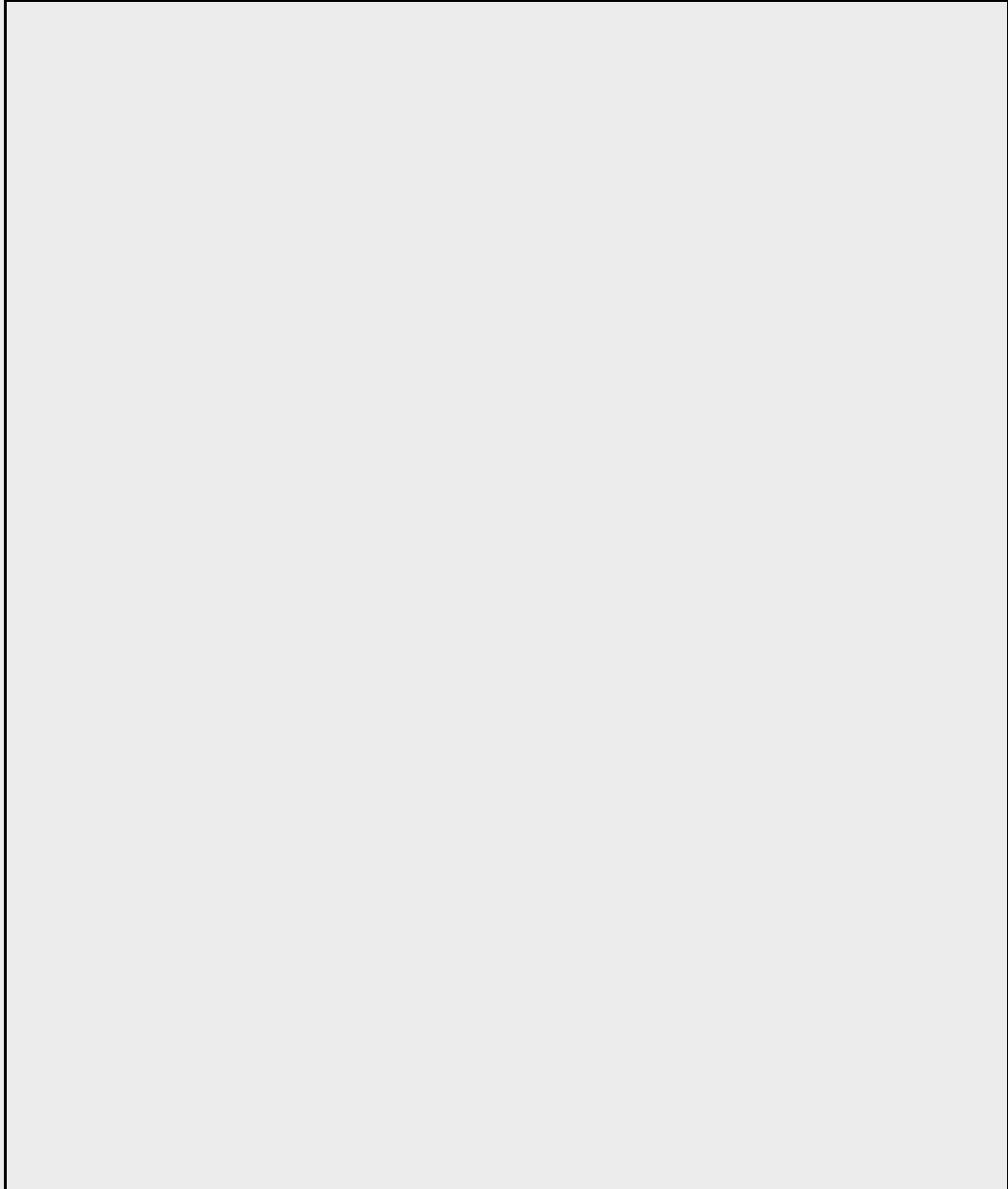


## Übung: Deine Stressverstärker

Wodurch setzt du dich selbst unter Druck?

Welche Einstellungen und Gedanken verstärken deinen Stress?

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the questions above. The box is centered on the page and occupies most of the vertical space below the questions.