

PLANNING AHEAD: DAILY HASSLES

We all deal with small daily hassles, but often such events can significantly change our mood or make a good day feel like a bad one. Daily hassles include things like always running late, or dealing with a person that you don't like but have to see every day. Some daily hassles are avoidable, while others are not within our control. Below, list some daily hassles that occur frequently for you and write in whether the hassle is controllable or not. Next, if the hassle is controllable, write in a way you might approach the hassle differently or avoid it. If the hassle is out of your control, write in a way you might change your response to dealing with the hassle.

Description of Hassle	Controllable?	Response Plan
<i>Ex. Assigned to group project with person you dislike.</i>	<i>No</i>	<i>Work extra efficiently to finish project early OR Promise yourself a reward for bearing with it</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

