

Beobachtungsbogen

für 5 typische Verhaltensweisen bei Stress

Kreuze an, wie oft die diese Verhaltensweisen auffallen. Es hilft dir, dich dafür zu sensibilisieren.

Ich denke oft "schnell,
schnell"

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Ich versuche, viele
Aufgaben gleichzeitig zu
erledigen (Multitasking)

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