

### **Taking losses up front**

This technique is often useful if you tend to be particularly stressed by repeated distractors.

This technique may be counterproductive if your stress tends to be in the form of worrying about what will happen

Instead of letting yourself get irritated by each annoying stressor, give yourself a number going into it.

Examples:

I will be interrupted 3 times while doing this paperwork.

She will swear at me 5 times in this conversation.

I will probably have a hard time understanding 5 of the test-questions on the exam.

My daughter will come back out of her bedroom 3 times

I will probably need to put my son back in the time-out spot 30 times before he finally stays there

