**STRESS CONTROL LIFESTYLE QUESTIONNAIRE**

On the scale below, circle the number that most closely represents how you see yourself right now.

I am a person who:

1. Doesn’t mind leaving projects.

2. Feels calmly and unhurried about keeping appointments.

3. Is non-competitive.

4. Lets others finish speaking.

5. Never hurries.

6. Is able to wait calmly.

7. Does one thing at a time.

8. Speaks slowly and deliberately.

9. Concerned with satisfying self, not others.

10. Slow moving.

11. Is satisfied with job.

12. Rely on others to set my deadlines.

13. Feels limited responsibility.

14. Is casual about work.

15. Is careless about details.

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Must get projects finished once started.

Feels harried about keeping appointments.

Is highly competitive.

Interrupts others.

Always hurries.

Is uneasy about waiting.

Does several things at once.

Speaks vigorously and forcefully.

Wants recognition from others for a job well done.

Fast moving.

Is ambitious, wants to advance quickly.

Sets my own details.

Feels responsibility for the whole.

Is obsessed with work.

Pays careful attention to detail.

RELATIONSHIPS

LIFE IS ABOUT RELATIONSHIPS,

“NO MAN IS AN ISLAND”

SOMETIMES RELATIONSHIPS WORK WELL

~SOMETIMES THEY DON’T

LOOK AT FACTORS THAT AFFECT RELATIONSHIPS:

1. COMMUNICATION
2. HONESTY
3. SUPPORT
4. LOYALTY
5. COMMITMENT