“Complete freedom from stress is death” Hans Selye

1. Rarely 2. Sometimes 3. Frequently 4. Always

\_\_\_\_\_\_\_\_ 1. I feel tired.

\_\_\_\_\_\_\_\_ 2. I worry about problems or the future.

\_\_\_\_\_\_\_\_ 3. I can spot all the things others are doing wrong.

\_\_\_\_\_\_\_\_ 4. I need to be perfect at what I do.

\_\_\_\_\_\_\_\_ 5. I skip my exercise / workout sessions.

\_\_\_\_\_\_\_\_ 6. I feel sad.

\_\_\_\_\_\_\_\_ 7. I am very competitive and need to win to feel good.

\_\_\_\_\_\_\_\_ 8. I take on everyone else’s problems.

\_\_\_\_\_\_\_\_ 9. I try to control others.

\_\_\_\_\_\_\_\_ 10. I can’t do anything right.

\_\_\_\_\_\_\_\_ 11. I avoid risks for fear of failure.

\_\_\_\_\_\_\_\_ 12. I let my work pile up.

\_\_\_\_\_\_\_\_ 13. I feel like I’m being pulled in all directions.

\_\_\_\_\_\_\_\_ 14. I have a very negative attitude.

\_\_\_\_\_\_\_\_ 15. I get headaches.

\_\_\_\_\_\_\_\_ 16. I have too much to do and too little time to do it.

\_\_\_\_\_\_\_\_ 17. I over-react to situations.

\_\_\_\_\_\_\_\_ 18. I feel guilty if I relax and do nothing.

\_\_\_\_\_\_\_\_ 19. I talk very quickly.

\_\_\_\_\_\_\_\_ 20. I get angry easily.

Now total your answers and see where you stand:

Over 60-80 This assessment could be a life changing experience.

50-59 You desperately need to work on stress reduction.

40-49 You would gain moderate benefit from this talk.

30-39 Your’e doing pretty good but can improve slightly.

20-29 Maybe you should give the lecture on handling stress.