

ARE YOU STRESSED?

Are you stressed?

This test is not meant to replace a clinical assessment – these questions are intended to help you judge how you are doing. If you score as stressed you should take steps to reduce the amount of stress in your life and you may also need to seek professional help.

Answer these twenty questions: Yes or No.

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|---|-----|----|
| 1. Do you frequently neglect your diet? | Yes | No |
| 2. Do you frequently try to do everything yourself? | Yes | No |
| 3. Do blow up easily and often? | Yes | No |
| 4. Do you frequently seek unrealistic goals? | Yes | No |
| 5. Do you frequently fail to see the humor in situations others find funny? | Yes | No |
| 6. Do you frequently and easily get irritated? | Yes | No |
| 7. Do you frequently seem to make a "big deal" of everything? | Yes | No |
| 8. Do you frequently complain that you are disorganized? | Yes | No |
| 9. Do you tend to keep everything inside? | Yes | No |
| 10. Do you frequently neglect exercise? | Yes | No |
| 11. Do you have few supportive relationships? | Yes | No |
| 12. Do you often get too little rest? | Yes | No |
| 13. Do you frequently get angry when you are kept waiting? | Yes | No |
| 14. Do you often ignore stress symptoms? | Yes | No |
| 15. Do you frequently put things off until later? | Yes | No |
| 16. Do you frequently think there is only one right way to do something? | Yes | No |
| 17. Do you often fail to build relaxation into every day? | Yes | No |
| 18. Do you frequently find yourself complaining about the past? | Yes | No |
| 19. Do you often find yourself racing through the day? | Yes | No |
| 20. Do you often feel unable to cope with all you have to do? | Yes | No |

Continue...

Add up the questions to which you answered “yes”.

Your score today is _____

Scores of 1-6:	Few Hassles.
Scores of 7-12:	Pretty Good Control
Scores of 13-17:	Danger Zone. Watch out!
Scores of 18+:	Stressed Out. Take steps to reduce the stress in your life now!!

Name _____

Date _____

Adapted material from: http://www.lessons4living.com/stress_test.htm