

## Life-Management Skills: Stress Test

The questions below are designed to help you determine more clearly what stresses affect you. If you're married, have your spouse answer these questions for you as well and compare your responses.

	Frequently	4	3	2	Never	1
1. I'm frequently late or missing appointments.	5	4	3	2	1	1
2. My emotions are near the surface (anger or tears come easily).	5	4	3	2	1	1
3. I feel that my time is controlled by others.	5	4	3	2	1	1
4. I find myself engaging in mental arguments with my employer, family, or others.	5	4	3	2	1	1
5. I feel like I'm always with people and am rarely alone.	5	4	3	2	1	1
6. I wonder when I'm going to get around to what I really want to do.	5	4	3	2	1	1
7. I feel tired emotionally, physically, or spiritually.	5	4	3	2	1	1
8. On my day off, I feel compelled to return to the office to finish work.	5	4	3	2	1	1
9. If married: We seem too busy or tired for romance.	5	4	3	2	1	1
10. I think "grass is greener" thoughts about my career.	5	4	3	2	1	1
11. I find myself seeking escapes (food, sleep, TV, etc.).	5	4	3	2	1	1
12. I seem to rush from one thing to the next and always feel busy.	5	4	3	2	1	1
13. I am not sleeping well.	5	4	3	2	1	1

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| 14. I'm overly concerned with finances.  | 5 | 4 | 3 | 2 | 1 |
| 15. I don't have time to maintain my most important relationships.                               | 5 | 4 | 3 | 2 | 1 |
| 16. I'm always busy but wonder if I'm doing the right things.                                    | 5 | 4 | 3 | 2 | 1 |
| 17. I'm dealing with stressful external circumstances (impending marriage, birth of baby, etc.). | 5 | 4 | 3 | 2 | 1 |

TOTALS: \_\_\_\_\_

FINAL SCORE: \_\_\_\_\_

**Scoring:**

**61–85:** Running on empty!

**36–60:** Medium stress. Make some adjustments.

**17–35:** Low stress in general, but address any 4s and 5s.

*Scott Morton*