



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-one questions: Yes or No.

1. Do you frequently neglect your diet?
Yes No
2. Do you frequently try to do everything yourself?
Yes No
3. Do you blow up easily and often?
Yes No
4. Do you frequently seek unrealistic goals?
Yes No
5. Do you find it difficult to enjoy humor and entertainment?
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 symptoms of poor health?
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 have an absence of enjoyable activities in your life?
Yes No
18. Do you frequently find yourself spending a lot of time complaining about the past?
Yes No
19. Do you wake up feeling anxious about going to work?
Yes No
20. Do you often feel unable to cope with all you have to do?
Yes No
21. Do you care for an elderly or ill relative?
Yes No

Add up the questions you answered "yes" to.

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.