



## The Stress Questionnaire

Indicate how strongly you agree with each of the following statements on a scale from 0-3.

0= never

2=often

1=sometimes

3=always

<b>Stress Statement</b>	<b>0=never</b>	<b>1=sometimes</b>	<b>2=often</b>	<b>3=always</b>
I have trouble relaxing				
I get frustrated when people are incompetent.				
I feel tense and rushed.				
I worry about work and other problems.				
I have difficulty falling asleep.				
I feel grief or loss.				
I am exhausted by daily demands at work and home.				
I feel stuck in the rat race.				
No matter how hard I try, I never feel caught up.				
I feel burdened by financial obligations.				
I am under strain at work.				
I feel lonely and unloved.				
I am embarrassed to ask for assistance.				
I feel overwhelmed by my responsibilities.				
I can't stand criticism.				
I'm afraid I'll lose my job or livelihood.				
People let me down.				



<b>Stress Statement</b>	<b>0=never</b>	<b>1=sometimes</b>	<b>2=often</b>	<b>3=always</b>
No matter what I achieve, I feel dissatisfied.				
I stew in my anger rather than express it.				
I feel apprehensive about the future.				
My stress is caused by forces beyond my control.				
I feel pressured by my commitments.				
I feel like running away.				
My mind is churning and busy.				
<b>Totals:</b>				

**Scoring:**

57-75=high stress; life feels like one crises after another.

38-56=moderate stress; you often feel trapped and out of control.

19-37=mild stress; you have some apprehension and struggle.

0-18= you are resilient and feel in charge of your life.