

# STRESS RATING

Answer each question by circling the number that is most relevant to you. Total the score and you may keep this sheet.

0 = Rarely, 1 = Sometimes, 2 = Often, 3 = Very Often

1.	Do you move, walk or eat in a rushed manner?	0	1	2	3
2.	Do you find that you don't sleep well?	0	1	2	3
3.	Do you find yourself being irritable with your partner and/or children and/or friends?	0	1	2	3
4.	Do you grumble about senior managers, or about those working under you?	0	1	2	3
5.	Do you get strong surges of anger or frustration?	0	1	2	3
6.	Do you feel discontented or dissatisfied with the way your life is going in general?	0	1	2	3
7.	Do you have difficulty working with people you don't like?	0	1	2	3
8.	Do you remember wrongs done to you by others?	0	1	2	3
9.	Do you find it difficult to ask for what you want or need, either at home or work?	0	1	2	3
10.	Do you find it difficult to show affection to your partner and/or children?	0	1	2	3
11.	Do you find it difficult to forget about mistakes you made in the past?	0	1	2	3
12.	Do you find it difficult to praise people (at home or at work) for work well done?	0	1	2	3
13.	Do you have negative feelings about your work or job?	0	1	2	3
14.	Do you find it difficult to listen to another person's point of view?	0	1	2	3
15.	Do you worry about the past and the future rather than enjoying the present?	0	1	2	3
16.	Do you find it difficult to be positive about the problems in your life?	0	1	2	3
17.	Do you enjoy putting other people down?	0	1	2	3
18.	Does criticism really upset you, even when you know it's valid?	0	1	2	3
19.	Do you often feel guilty or angry when you have to say "no" to someone?	0	1	2	3
20.	Do you feel very uncomfortable about admitting mistakes or errors?	0	1	2	3
21.	Do you tend to see colleagues as competitors rather than as members of the same team?	0	1	2	3
22.	Do you feel very uncomfortable about delegating important jobs to someone else because you don't trust anyone to do as good a job as yourself?	0	1	2	3
23.	Do you get uncomfortable when you meet people for the first time?	0	1	2	3
24.	Do you feel guilty about doing things just for fun?	0	1	2	3

**TOTAL**