

# Stress Management & Counselling Services



## Assess Your Stress

Answer the following questions to find your level of stress. Choose **one** statement that best describes your response to each question.

1. You are upset by your partner's or colleague's behaviour. Do you:-
  - a) Blow up
  - b) Feel angry but suppress it
  - c) Feel upset but do not get angry
  - d) Cry
  - e) None of the above
  
2. You must get through a mountain of work in one morning. Do you:-
  - a) Work hard and complete the lot
  - b) Forget the work and make a drink
  - c) Do as much as you can
  - d) Prioritise the load and complete only the most important tasks
  - e) Ask someone to help you
  
3. You overhear a conversation in which a friend/colleague makes some unkind remarks about you. Do you:-
  - a) Interrupt the conversation and give him/her a piece of your mind
  - b) Walk straight by without giving it much thought
  - c) Walk straight by and think about getting even
  - d) Walk straight by but sulk about it
  
4. You are stuck in heavy traffic. Do you:-
  - a) Sound your horn
  - b) Try to drive down a side road to avoid the jam
  - c) Switch on the radio or cassette/DVD
  - d) Sit back and try to relax
  - e) Sit back and feel angry
  - f) Get on with some work
  - g) The question does not apply because you do not have a car
  
5. When you play a sport do you play to win?
  - a) Always
  - b) Most of the time
  - c) Sometimes
  - d) Never. I play just for the game
  
6. When you play a game with children do you deliberately let them win?
  - a) Never. They've got to learn
  - b) Sometimes
  - c) Most of the time
  - d) Always. It is only a game

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7. You are working on a project. The deadline is approaching fast but the work is not quite right. Do you:-
  - a) Work on it all night and day to make it perfect
  - b) Start to panic because you think you will not complete it in time
  - c) Present your best in the time available without losing sleep over it
  
8. Someone else tidies up your room/office/garage/workshop and never places the items/furniture back in the original place. Do you:-
  - a) Mark the position of each item and ask the person to put it back exactly where it should be
  - b) Move everything back to its original position after the person has gone
  - c) Leave most things as they are – you do not mind the occasional shift – round
  
9. A close friend asks for your opinion about a newly decorated room. Do you:-
  - a) Think it's awful and say so
  - b) Think it's awful but say it looks wonderful
  - c) Think it's awful but comment about the good aspects
  - d) Think it's awful and suggest improvements
  
10. When you do something. Do you:-
  - a) Always work to produce a perfect result
  - b) Do your best and do not worry if it is not perfect
  - c) Think that everything you do *is* perfect
  
11. Your family complains that you spend too little time with them because of your work. Do you:-
  - a) Worry but feel that you cannot do anything about it
  - b) Work in the lounge so that you can be with them
  - c) Take on more work
  - d) Find that your family has never complained
  - e) Reorganise your work so that you can be with them more
  
12. What is your idea of an ideal evening?
  - a) A large party with lots to drink and eat
  - b) An evening with your partner doing something you both enjoy
  - c) Getting away from it all by yourself
  - d) A small group of friends at dinner
  - e) An evening with the family doing something you all enjoy
  - f) Working
  
13. Which one or more of the following do you do?
  - a) Bite your nails
  - b) Feel constantly tired
  - c) Feel breathless without exertion
  - d) Drum with your fingers
  - e) Sweat for no apparent reason
  - f) Fidget
  - g) Gesticulate
  - h) None of the above

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14. Which one or more of the following do you suffer from?
  - a) Headaches
  - b) Muscle tenseness
  - c) Constipation
  - d) Diarrhoea
  - e) Loss of appetite
  - f) Increase in appetite
  - g) None of the above
  
15. Has one or more of the following happened to you during the last month?
  - a) Crying or the desire to cry
  - b) Difficulty in concentrating
  - c) Forgetting what you were going to say next
  - d) Little things irritation you
  - e) Difficulty in making decisions
  - f) Wanting to scream
  - g) Feeling that there is no one with whom you can really talk
  - h) Finding that you are rushing on to another task before you have finished the first one
  - i) I have not experienced any of the above
  
16. Have you experienced any of the following during the last year?
  - a) A serious illness to yourself or someone close to you
  - b) Problems with the family
  - c) Financial problems
  - d) None of the above
  
17. How many cigarettes do you smoke each day?
  - a) None
  - b) One to ten
  - c) Eleven to twenty
  - d) Twenty- one or more
  
18. How much alcohol do you drink a day?
  - a) None
  - b) One or two drinks
  - c) Three of five drinks
  - d) Six or more
  
19. How many cups of freshly brewed (not decaffeinated) coffee do you drink a day?
  - a) None
  - b) One or two cups
  - c) Three to five cups
  - d) Six or more cups

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20. How old are you?
  - a) 18 or below
  - b) 19 – 25
  - c) 26 – 39
  - d) 40 – 65
  - e) 66 or over
  
21. You have a very important appointment at 9.30am. Do you:-
  - a) Have a sleepless night worrying about it
  - b) Sleep well and wake up fairly relaxed but thinking about the appointment
  - c) Sleep well and wake up looking forward to the appointment
  
22. Someone close to you has died. Of course you are very upset. Do you:-
  - a) Grieve because no one can ever fill that awful gap
  - b) Grieve because life is so unfair
  - c) Accept what has happened and try to get on with your life
  
23. You have got into deep water over a problem. Do you:-
  - a) Reassess the situation by yourself and try to work something else out
  - b) Talk over the problem with your partner or close friend and work something out
  - c) Deny that there is a problem in the hope that the worst may never happen
  - d) Worry about it and do nothing to try and solve it
  
24. When did you last smile?
  - a) Today
  - b) Yesterday
  - c) Last week
  - d) Cannot remember
  
25. When did you last compliment or praise someone – your children, your partner, colleagues, or friends?
  - a) Today
  - b) Yesterday
  - c) Last week
  - d) Cannot remember

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## Scores

Add up your score for each question

1. a=0 b=0 c=3 d=0 e=1
2. a=1 b=0 c=1 d=3 e=2
3. a=0 b=3 c=0 d=1
4. a=0 b=0 c=2 d=3 e=0 f=2 g=1
5. a=0 b=1 c=2 d=3
6. a=0 b=1 c=2 d=3
7. a=0 b=0 c=3
8. a=0 b=0 c=3
9. a=0 b=0 c=3 d=1
10. a=0 b=3 c=0
11. a=0 b=0 c=0 d=0 e=3
12. a=1 b=3 c=0 d=1 e=2 f=0
13. a=0 b=0 c=0 d=0 e=0 f=0 g=0 h=1
14. a=0 b=0 c=0 d=0 e=0 f=0 g=1
15. a=0 b=0 c=0 d=0 e=0 f=0 g=0 h=0 i=1
16. a=0 b=0 c=0 d=2
17. a=3 b=1 c=0 d=0
18. a=3 b=2 c=1 d=0
19. a=3 b=2 c=1 d=0
20. a=0 b=0 c=1 d=2 e=3
21. a=0 b=1 c=3
22. a=0 b=0 c=3
23. a=2 b=3 c=0 d=0
24. a=3 b=2 c=1 d=0
25. a=3 b=2 c=1 d=0

## Your Score

51 – 68: Your stress level is low. You show very few signs of stress. You are not a workaholic. You show Type B behaviour and cope very well with stress generally.

33 – 50: Your stress level is moderate. You show some stress. You are not a workaholic but there is some tendency for it. You show mild Type A behaviour and generally cope quite well with stress.

16 – 32: Your stress level is high. You show many signs of stress. It is likely that you are a workaholic. You display moderate Type A behaviour and do not handle stress very well.

0 – 15: Your stress level is very high. You show a great deal of stress. You are a workaholic. You display extreme Type A behaviour and your ability to deal with stress is very poor.

Source – (Stresswise Looker & Gregson 1994)