

TEST #2

During most of the day, my energy level is
very low very high

As a whole, my life seems
dull vibrant

During stressful circumstances, I experience anxiety
all the time never

During stressful circumstances, I am fearful
all the time never

I feel that my life so far has been productive ☐ not been productive ☐

I feel that the work* I am doing
is of no value is of great value

At this time, I have

no clearly defined goals for my life	clearly defined goals for my life
--------------------------------------	-----------------------------------

all the time never

I cannot concentrate easily

I can concentrate easily

When I need to stand up for myself

I cannot do it

I can do it quite easily

I feel less than adequate when I am in difficult situations.

agree strongly

disagree strongly

In a difficult situation, I am confident that I will receive the help that I need.

disagree strongly

agree strongly

I react to problems and difficulties

with a great deal of frustration

with no frustration

When sad things happen to me or other people

I cannot feel positive about life

I continue to feel positive about life

When I think about what I have done with my life, I feel

worthless

worthwhile

During times of stress, I feel isolated and alone.

agree strongly

disagree strongly

My present life

does not satisfy me

satisfies me

I feel joy in my heart

never

all the time

In really difficult situations

I feel unable to respond in positive ways

I feel able to respond in positive

ways

When I need to relax during stressful times

I experience no peace –only thoughts and worries

I experience a

peacefulness free of

thoughts or worries

I feel trapped by the circumstances of my life.

agree strongly

disagree strongly

When I am in a frightening situation

I panic

I remain calm

When I think about my past

I feel many regrets

I feel no regrets

Deep inside myself

I do not feel loved

I feel loved

During stressful times in my life, I worry about the future

all the time

never

When I think about the problems that I have

I do not feel hopeful about solving them I feel very hopeful about solving them

Part Three: **Your Stress Load and How You Respond**

In each of the following categories, indicate the amount of stress you have felt during the past six months

Physical health

None

Mild

Moderate

Strong

Physical appearance

None

Mild

Moderate

Strong

Health of family members

None

Mild

Moderate

Strong