

Some of the behaviors that can cause stress are:

- *the need to win*
- *the need to be perfect*
- *tendency to over-plan*
- *not being appropriately prepared*
- *persistent need to advance and be recognized*
- *inability to relax without guilt*
- *fear of rejection*
- *impatience with delays and interruptions*
- *involvement with multiple projects with many deadlines*
- *chronic sense of time urgency*
- *excessive competitive drive*
- *fear of failure*
- *compulsion to overwork*

Which of these describe you?

Can you identify the areas where you have stress in your life? Are you aware of your behavior traits that cause stress? The following is a test to examine just how much of your everyday behavior is stressful. Circle the number that corresponds with how often the following behaviors occur in your life.

1-Never 2-Rarely 3-Occasionally 4-Frequently 5-Always

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| 1. Do you find yourself rushing your speech? | 1 2 3 4 5 |
| 2. Do you hurry other people's speech by interrupting them with "umhm" or completing their sentences for them? | 1 2 3 4 5 |
| 3. Do you hate to wait in line? | 1 2 3 4 5 |
| 4. Do you seem to be short of time to get everything done? | 1 2 3 4 5 |
| 5. Do you detest wasting time? | 1 2 3 4 5 |
| 6. Do you eat too fast? | 1 2 3 4 5 |
| 7. Do you drive over the speed limit? | 1 2 3 4 5 |
| 8. Do you try to do more than one thing at a time? | 1 2 3 4 5 |
| 9. Do you become impatient if others do something too slowly? | 1 2 3 4 5 |
| 10. Do you seem to have little time to relax and enjoy the time of day? | 1 2 3 4 5 |
| 11. Do you find yourself overcommitted? | 1 2 3 4 5 |
| 12. Do you jiggle your knees or tap your fingers? | 1 2 3 4 5 |
| 13. Do you think about other things during conversations? | 1 2 3 4 5 |
| 14. Do you walk too fast? | 1 2 3 4 5 |
| 15. Do you hate dawdling after a meal? | 1 2 3 4 5 |
| 16. Do you become irritable after a meal? | 1 2 3 4 5 |
| 17. Do you detest losing in sports or games? | 1 2 3 4 5 |
| 18. Do you find yourself with clenched fists or tight neck or jaw muscles? | 1 2 3 4 5 |
| 19. Does your concentration sometimes wander while you think about what's coming up later? | 1 2 3 4 5 |
| 20. Are you a competitive person? | 1 2 3 4 5 |

Rule-of-Thumb Interpretation

- 20-60 O.K.
 61-79 Needs Improving
 80+ Time Bomb!

If you scored above 60 then you need to examine the stress in your life.