

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 not been productive
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

When a situation becomes difficult, I find myself worrying that something bad is going to happen to me or those I love.

all the time never

In a stressful situation 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