Spirituality STRESS and Well-Being TEST #2

On each scale of opposite extremes, mark off where you stand

During most of the day, my energy very low	gy level is very high
When there is a great deal of pres I get tense	ssure being placed on me I remain calm
As a whole, my life seems dull	vibrant
My daily activities are not a source of satisfaction	a source of satisfaction
During stressful circumstances, I experience anxiety all the time never	
I have come to expect that every exactly the same	day will be new and different
During stressful circumstances, I all the time	am fearful never
When I think deeply about life I do not feel there is any purpose to it I feel there is a purpose to it	
I feel that my life so far has been productive	not been productive
When I have made a mistake duri I feel extreme dislike for myself	•
I feel that the work* I am doing is of no value is of great value	
I wish I were different than who I agree strongly	am. disagree strongly
At this time, I have no clearly defined goals for my lif	fe 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 feel less than adequate when I am in agree strongly	n difficult situations. 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