

Self-Scoring Stress Questionnaire

HOW STRESSED ARE YOU?

Actors and sports stars use fear to power their best performances. In the same way, pressure can help you excel at work. But too much stress makes you at best ineffective, and at worst physically ill. So how will you cope with stress, and how stressed are you already? Find out with this short questionnaire. Simply choose the option that best fits your feelings about each statement.

How likely am I to suffer stress?

- ▶ **I am not in control of the success or failure I make of my life.**
 1. I strongly disagree
 2. To some extent
 3. I strongly agree
- ▶ **I accept that my work has and will change and welcome the opportunities this gives me.**
 1. I strongly agree
 2. To some extent
 3. I strongly disagree
- ▶ **I have someone at work or outside it who I can confide in.**
 1. I can be totally honest with that person/those people
 2. I have to be careful with what I say to that person/those people
 3. I have no-one I can confide in
- ▶ **If there's a disagreement about work, I defer to other people's judgement and abilities.**
 1. Rarely
 2. Sometimes
 3. Most of the time
- ▶ **If a project I am working on fails**
 1. I learn from the experience and move on to the next job
 2. I tend to brood over the failure for a long time
 3. I blame myself whether it was my fault or not

How stressed am I?

I spend so long at work that my outside relationships are suffering.

1. Not at all
2. Sometimes
3. Most of the time

I'm so busy I find it increasingly difficult to concentrate on the job in front of me.

1. Rarely
2. Sometimes
3. Most of the time

I always get a good night's sleep without worrying about work

1. Most of the time
2. Sometimes
3. Rarely

Recently I've found it more difficult to control my emotions.

1. Not at all
2. Sometimes
3. Most of the time

I feel tired during the day:

1. Very rarely
2. Sometimes
3. Most of the time

Add up the numbers next to the statements you most agreed with for the first five questions, then do the same for the second five. The higher you score in the first half the more likely you are to suffer stress; the higher you score in the second half, the more stressed you feel. Scores over 10 in either half suggest that you are either prone to experience stress or are feeling stressed at the moment.

Read more: <http://www.carolespiersgroup.co.uk/stress-questionnaire.html#ixzz15YglZT4F>