

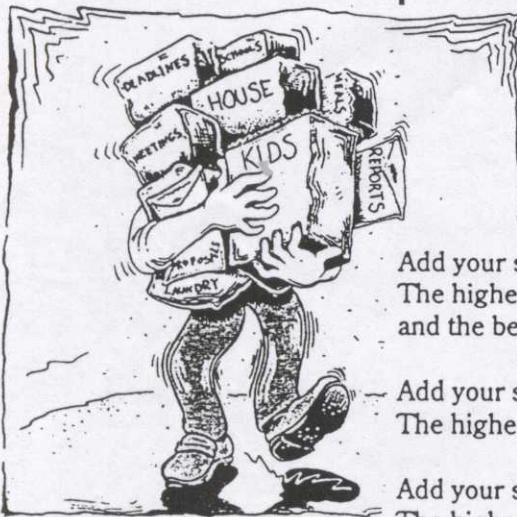
# STRESS ASSESSMENT

## Are You Stress-Resistant?

How well do you manage your stresses? How committed are you to your work and life? Are you a risk taker? This quiz is a quick measure of your ability to resist stress through your use of these skills.

Score 0 if the statement is definitely not true for you; 1 if it is usually not true; 2 if it is somewhat true; 3 if it is definitely true.

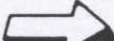
1. \_\_\_ When I work hard, it makes a difference.
2. \_\_\_ Getting out of bed in the morning is easy for me.
3. \_\_\_ I have the freedom I want and need.
4. \_\_\_ At times I've sacrificed for an exciting opportunity.
5. \_\_\_ Sticking to my routine is not important to me.
6. \_\_\_ I vote because I think it makes a difference.
7. \_\_\_ You make your own lucky breaks.
8. \_\_\_ I agree with the goals of my boss and my company.
9. \_\_\_ I've been "lucky in love" because I try to be a loving person.
10. \_\_\_ I believe I get what I give. But I don't "keep score."
11. \_\_\_ It's important for me to try new things.
12. \_\_\_ Free time is a gift I really enjoy.
13. \_\_\_ I work hard, and I'm paid fairly.
14. \_\_\_ My family is a great pleasure to me.
15. \_\_\_ I speak up for what I believe in.



Add your scores for #1, 6, 7, 9, 13. This is your stress management score. Total \_\_\_\_\_  
The higher it is, the more control you feel you have over your own life, and the better you are able to manage your stresses.

Add your scores for #2, 3, 8, 10, 14. This is your commitment score. Total \_\_\_\_\_  
The higher it is, the more you are committed to and enjoy your life.

Add your scores for #4, 5, 11, 12, 15. This is your risk score. Total \_\_\_\_\_  
The higher it is, the more willing you are to take risks.

Add all three scores together. This is your stress-resistance score.  TOTAL \_\_\_\_\_

If you score 35 or above: You are very resistant to stress, your attitudes help you—congratulations! 27 to 34: You are somewhat resistant but could be more so; look at each item, and choose a few to work on. 18 to 26: You need to look at your habits and attitudes to improve your resistance to stress; go through the statements above, and pick one to improve each month. Under 18: If stresses get serious, you could be in trouble; take time *now* to change your habits and attitudes, you may want to ask a professional counselor for ways to feel more positive about yourself.