

1= Never
 2= Sometimes
 3= Frequently
 4= Always

Stress Quiz

1. Do you try to do as much as possible in the least amount of time? _____
2. Do you become impatient with delays or interruptions? _____
3. Do you always have to win at games to enjoy yourself? _____
4. Do you find yourself speeding up the car to beat the red light? _____
5. Are you unlikely to ask for or indicate that you need help with a problem? _____
6. Do you constantly seek the respect and admiration of others? _____
7. Are you overly critical of the way others do their work? _____
8. Do you have the habit of looking at the clock or your watch often? _____
9. Do you constantly strive to better your position and achievements? _____
10. Do you spread yourself "too thin" in terms of your time? _____
11. Do you have a habit of doing more than one thing at a time? _____
12. Do you frequently get angry or irritable? _____
13. Do you have little time for hobbies or time by yourself? _____
14. Do you tend to talk quickly or hasten conversations? _____
15. Do you consider yourself hard-driving? _____
16. Do your friends and relatives consider you hard-driving? _____
17. Do you tend to get involved in multiple projects? _____
18. Do you have a lot of deadlines in your work? _____
19. Do you feel vaguely guilty if you relax and do nothing during leisure? _____
20. Do you take on too many responsibilities? _____

Total: _____

Score between 20-30 indicates to low of stress. Your life is likely to lack stimulation and be non-productive.

Score between 31-50 demonstrates good balance and good ability to manage stress.

Scores between 51-60 mean your stress is marginal and you are bordering on unhealthy levels of tension.

If your score exceeds 60, your stress is extremely high. You should consider immediate courses of action to lower your stress before it causes serious health problems, including death.



Santa Maria Counseling