**Are you stressed? Find out by taking the test below.**

(This test is not meant to replace a clinical assessment but to help you judge how you are doing. If you score as stressed you may need to seek help.)

**Answer these twenty questions: Yes or No.**

1. Do you frequently neglect your diet?

Yes

No

2. Do you frequently try to do everything yourself?

Yes

No

3. Do you frequently blow up easily?

Yes

No

4. Do you frequently seek unrealistic goals?

Yes

No

5. Do you frequently fail to see the humor in situations others

    find funny?

Yes

No

6. Do you frequently get easily irritated?

  Yes

No

7. Do you frequently make a "big deal" of everything?

Yes

No

8. Do you frequently complain that you are disorganized?

Yes

No

9. Do you frequently keep everything inside?

Yes

No

10. Do you frequently neglect exercise?

Yes

No

11.  Do you frequently have few supportive relationships?

  Yes

No

12.  Do you frequently get too little rest?

Yes

No

13.  Do you frequently get angry when you are kept waiting?

Yes

No

14.  Do you frequently ignore stress symptoms?

Yes

No

15.  Do you frequently put things off until later?

Yes

No

16.  Do you frequently think there is only one right way to do something?

Yes

No

17.  Do you frequently fail to build relaxation into every day?

Yes

No

18.  Do you frequently spend a lot of time complaining about the past?

Yes

No

19.  Do you frequently race through the day?

Yes

No

20.  Do you frequently feel unable to cope with all you have to do?

Yes

No

**Total Yes\_\_\_\_\_\_\_\_ No\_\_\_\_\_\_\_\_**

Count the number of “Yes” answers and view your score below.

Scores of 1-6 Few Hassles

Scores of 7-12 Pretty Good Control

Scores of 13-17 Danger Zone. Watch out!

Scores of 18+ Stressed Out. You may need help.