

Self-Scoring Stress 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 disagree 2=To some extent 3=I strongly agree

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 judgment 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

Scoring

- 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.

Source: <http://www.carolepiersgroup.co.uk/stressquestionnaire.html#ixzz15YglZT4F>