

Time Stress Questionnaire

The following list describes time-related difficulties people sometimes experience. Please indicate how often each is a difficulty for you, using the numbers shown.

0 = Seldom or never a difficulty for me

1 = Sometimes a difficulty for me

2 = Frequently a difficulty for me

- 1. My time is directed by factors beyond my control
- 2. Interruptions
- 3. Chronic overload—more to do than time available
- 4. Occasional overload
- 5. Chronic underload—too little to do in time available
- 6. Occasional underload
- 7. Alternating periods of overload and underload
- 8. Disorganization of my time
- 9. Procrastination
- 10. Separating home, school, and work
- 11. Transition from work or school to home
- 12. Finding time for regular exercise
- 13. Finding time for daily periods of relaxation
- 14. Finding time for friendships
- 15. Finding time for family
- 16. Finding time for vacations
- 17. Easily bored
- 18. Saying “yes” when I later wish I had said “no”
- 19. Feeling overwhelmed by large tasks over an extended period of time
- 20. Avoiding important tasks by frittering away time on less important ones
- 21. Feeling compelled to assume responsibilities in groups
- 22. Unable to delegate because no one to delegate to
- 23. My perfectionism creates delays
- 24. I tend to leave tasks unfinished
- 25. I have difficulty living with unfinished tasks
- 26. Too many projects going at one time
- 27. Getting into time binds by trying to please others too often
- 28. I tend to hurry even when it’s not necessary
- 29. Lose concentration while thinking about other things I have to do
- 30. Not enough time alone
- 31. Feel compelled to be punctual
- 32. Pressure related to deadlines

Scoring

Add your scores and find your rating below.

0-9 - Low difficulty with time-related stressors

10-19 - Moderate difficulty with time-related stressors

20 or more - High difficulty with time-related stressors

Source: Adapted from Stress Management for Wellness, 3rd edition by W. Schafer. © 1996 Wadsworth, a part of Cengage Learning, Inc.