

Determine Your Stress Resistance

Check the answer which most accurately represents the truth

- No Yes 1. Do you anger easily?
- Yes No 2. Do you laugh easily?
- No Yes 3. Are you disorganized?
- Yes No 4. Are you involved in volunteer work?
- No Yes 5. Are you a perfectionist?

- Yes No 6. Do you have personal goals in writing?
- No Yes 7. Do you have trouble saying no?
- Yes No 8. Do you own a pet?
- No Yes 9. Do you procrastinate frequently?
- Yes No 10. Do you have faith in a higher power?

- No Yes 11. Do you live a sedentary lifestyle?
- Yes No 12. Do you practice relaxation exercises daily?
- No Yes 13. Do you eat quickly?
- Yes No 14. Do you take regular vacations?
- No Yes 15. Are you surrounded by negative people?

- Yes No 16. Do you have a hobby other than work?
- No Yes 17. Do you have trouble delegating to others?
- Yes No 18. Do you eat sensibly?
- No Yes 19. Do you have a "Type A" personality style?
- Yes No 20. Are you a good listener?
- No Yes 21. Do you drink more than 2 cups of coffee per day?

- Yes No 22. Are you happy in your job?
- No Yes 23. Do you have financial problems?
- Yes No 24. Do you find it easy to confide in others?
- No Yes 25. Do you have problems at home?
- Yes No 26. Do you have many good friends?
- No Yes 27. Are you overweight for your sex, age, and height?
- Yes No 28. Do you often show your emotions by crying?
- No Yes 29. Do you smoke?
- Yes No 30. Are you an optimist?
- No Yes 31. Do you frequently drink alcoholic beverages to relax?
- Yes No 32. Do you have good posture both at work and home?
- No Yes 33. Do you worry a lot?
- Yes No 34. Do you spend time each day planning?
- No Yes 35. Are your mornings usually hectic?
- Yes No 36. Do you pace yourself during the day?
- No Yes 37. Do you have low self image?
- Yes No 38. Do you manage your time well?
- No Yes 39. Do you get upset when you make mistakes?
- Yes No 40. Do you have regular physical checkups each year?
- No Yes 41. Are you impatient?
- Yes No 42. In general, do you trust people?
- No Yes 43. Do you feel most fulfilled when you have a lot to do
- Yes No 44. Are you fairly easygoing about life?

- No Yes 45. Do you get annoyed when you are criticized?
- Yes No 46. Do you walk or jog at least four times a week?
- No Yes 47. Are you slow to forgive others?
- Yes No 48. Do you enjoy activities for their own sake?
- No Yes 49. Do you prefer to participate in sports and other activities
that are competitive?
- Yes No 50. Do you keep lists of things to do?
- _____ _____ Total in each column

Subtract total answers in Column 2 from Column 1.

If you have a negative number, you are likely to become ill when confronted with stressful situations. If the result is positive you have a greater stress resistance. The larger the positive number the greater your resistance to stressful situations.