

## Are You Stressed?

Take a quick stress test here!

This test is not meant to replace a clinical assessment but to help you judge how you are doing.

**Answer these twenty questions: Yes or No. Add up how many times you answer "yes". Once done, refer to the answer key at the bottom of this quiz.**

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

RESULTS: Add up how many times you answered “yes”.

- 1-6 = Just a few hassles. Managing well.
- 7-12 = Pretty good but feeling some strain.
- 13-17 = Danger Zone – Watch out!
- 18+ = Stressed to the max. Please get some help to ease your load.