

STRESS QUESTIONNAIRE

How can you tell if you are coping well? The following questionnaire will determine where you fit in.

Answer Yes or No to each of the following questions:

1. Do you have a feeling of continuous anxiety and sometimes of panic?
2. Do you feel tired all the time and find that you complain more and more of not getting enough sleep?
3. Are you always worrying about your health? Do you feel your work is suffering?
4. Do you often feel depressed for no good reason?
5. Are you tense and restless and unable to relax?
6. Do you get sudden tremors – “the shakes”?
7. Are you afraid of being alone?
8. Do you ever want to end it all?
9. Do you sometimes wonder if you are losing your mind?
10. Do you take other people’s criticisms as personal threats or rejections?
11. Do you lose your temper more often and find it harder to get along with others?
12. Do you find it hard to concentrate these days?
13. Do you feel remote from people who were close to you and things you love like friends, sports, books?
14. Have you started to let your appearance run down – are you careless about your clothes?
15. Are you worrying a great deal, taking life more seriously, enjoying it less?
16. Are you dependent on tranquilizers to carry you through the day?
17. Is it becoming harder for you to make small decisions, such as what to have for dinner, what to do next?
18. Do you dread ordinary everyday situations-caring for your children or even going to the store?
19. Has your attitude toward food changed-do you find it tasteless, hard to care if you eat or not?
20. Do you find yourself living more and more in the past?

If you answered yes to three or four questions, you are not coping well and are headed for trouble.