

Stress Index

How stressed out are you, right now? Circle the number, which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

Less True		More True		Statement	
1	2	3	4	5	A close family member died in the past twelve months.
1	2	3	4	5	I moved to a new town in the past twelve months.
1	2	3	4	5	I changed jobs in the past twelve months.
1	2	3	4	5	My son/daughter left home in the past twelve months.
1	2	3	4	5	A close friend/family member who is ill depends on you for care.
1	2	3	4	5	I have had a major health problem in the past twelve months.
1	2	3	4	5	A close relationship ended in the past twelve months.
1	2	3	4	5	I lost my job or retired in the past twelve months.
1	2	3	4	5	I got married in the past twelve months.
1	2	3	4	5	I took on a lot of debt in the past twelve months.
1	2	3	4	5	I got divorced or separated in the past twelve months.
1	2	3	4	5	I lost a lot of money in the past twelve months.
1	2	3	4	5	I have ongoing marital problems.
1	2	3	4	5	I have ongoing sexual problems.
1	2	3	4	5	I have ongoing financial problems.
1	2	3	4	5	I have ongoing trouble with friends or relatives.
1	2	3	4	5	I have ongoing problems meeting family demands.
1	2	3	4	5	I have ongoing pressure at work or school.
1	2	3	4	5	I have ongoing pressure with emotional problems.
1	2	3	4	5	I am constantly facing do-or-die deadlines.
					Total Score (add up all numbers)

SCORING KEY

20 – 35	Virtually stress free
36 - 50	Somewhat stressful
51 - 75	Stressed — watch out
76 – 100	Super stressed — reduce all pressures in your life or someone will be calling 911

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