STRESS INVENTORY

Complete this inventory to find out how you respond to stressful situations. Statements are presented in sets of three (3). Each one has a point value. Read all three statements and decide which one best describes your situation. Then, write the point value in the space beside that statement.

1. When someone has more than ten items in the express line at the grocery store, I:__________
   --point out the person’s error and suggest that he/she choose another line. (1)
   --don’t let it bother me. (3)
   --get annoyed and feel sorry for someone who is so inconsiderate of others. (2)

2. The cable goes out on a long awaited show, so I:_______
   --shrug my shoulders and say it will be one again. (3)
   --rant and rave about how disappointed I am. (1)
   --call the cable company to report the problem. (2)

3. After purchasing food at the drive-through window, I realize my order is wrong. I then: ______
   --go back and yell at the manager and demand a refund. (1)
   --complain to everyone around me and pick at my food. (2)
   --eat my lunch and enjoy it anyway. (3)

4. Someone is talking in the movie theater, I will: ______
   --shush them very loudly. (2)
   --move to a new seat. (3)
   --inform the manager. (1)

5. When I lose change in a vending machine, I tend to:__
   --never kick and shake the machine, but try another one. (3)
   --sometimes kick and shake the machine, depending on how hungry I am. (2)
   --usually, kick and shake the machine…I hate feeling ripped off. (1)
6. In a crowded lot, I noticed that someone has parked in two spaces. I would: ______
--leave a note on the person’s car, pointing out how inconsiderate he/she is. (1)
--entertain thoughts of scratching the car, but drive on. (2)
--drive on until I find another parking spot. (3)

7. One morning, the paper is late. I: ______
--go on with my morning and decide to read the paper during dinner. (3)
--call the distribution office to let them know. (2)
--get frustrated and upset because my morning routine has been interrupted. (1)

8. At a restaurant, I notice that people seated after me receive their meals first. I: ______
--feel I am being overlooked and complain to the waitress. (2)
--there’s a reason my food must take longer to cook and wait patiently. (3)
--lose my appetite and leave the restaurant. (1)

9. A person is making an illegal left-hand turn in front of me. I first:
--honk my horn and make obscene gestures as I wait. (2)
--swerve erratically into the next lane to make my point. (1)
--deduce that the person must have a good reason to make the turn and wait patiently. (3)

10. Only one window is open at the bank, and a large line is forming. I: ______
--check my items to make sure my transaction won’t take very long. (3)
--roll my eyes, let out a sigh, and check my watch. (2)
--complain loudly to the customers around me. (1)

SCORE: 21-30, you rarely sweat the “small stuff”; 11-20, you still need to practice in trying to see everything as “small stuff”; 1-10, you let the “small stuff” get to you too often...Try to RELAX!!!