

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!!!*