

Stress Check

Rate the accuracy of each statement from 1–10, where 1 is “strongly disagree” and 10 is “strongly agree.” When you have finished, ask your partner or friend to do the same in the second column, evaluating the accuracy of each statement as it describes you.

	Statement	My rating	Partner’s/friend’s rating
1.	I rarely get upset over trivial things.		
2.	I seldom overreact.		
3.	I am usually calm and patient in traffic or while waiting for a lift.		
4.	I am able to calm down quickly after a major upset.		
5.	I hardly ever raise my voice.		
6.	I have time for others, even when I’m busy.		
7.	Even when deadlines are looming, I remain calm and focused.		
8.	I do not bring my work home with me.		
9.	I go to sleep quickly and easily most nights.		
10.	My friends and family see me as relaxed and serene.		