WELLNESS WORKSHEET 12

Daily Hassles and Stress

For each of the following experiences, indicate to what degree it has been a part of your life over the past month by writing in the appropriate number.

1 = not at all part of my life
2 = only slightly part of my life
3 = distinctly part of my life
4 = very much part of my life

1. Disliking your daily activities
2. Lack of privacy
3. Disliking your work
4. Ethnic or racial conflict
5. Conflicts with in-laws or boyfriend’s/girlfriend’s family
6. Being let down or disappointed by friends
7. Conflict with supervisor(s) at work
8. Social rejection
9. Too many things to do at once
10. Being taken for granted
11. Financial conflicts with family members
12. Having your trust betrayed by a friend
13. Separation from people you care about
14. Having your contributions overlooked
15. Struggling to meet your own standards of performance and accomplishment
16. Being taken advantage of
17. Not enough leisure time
18. Financial conflicts with friends or fellow workers
19. Struggling to meet other people’s standards of performance and accomplishment
20. Having your actions misunderstood by others
21. Cash-flow difficulties
22. A lot of responsibilities
23. Dissatisfaction with work
24. Decisions about intimate relationship(s)
25. Not enough time to meet your obligations
26. Dissatisfaction with your mathematical ability

(over)
WELLNESS WORKSHEET 12 — continued

____ 27. Financial burdens
____ 28. Lower evaluation of your work than you think you deserve
____ 29. Experiencing high levels of noise
____ 30. Adjustments to living with unrelated person(s) (e.g., roommate)
____ 31. Lower evaluation of your work than you hoped for
____ 32. Conflicts with family member(s)
____ 33. Finding your work too demanding
____ 34. Conflicts with friend(s)
____ 35. Hard effort to get ahead
____ 36. Trying to secure loan(s)
____ 37. Getting “ripped off” or cheated in the purchase of goods
____ 38. Dissatisfaction with your ability at written expression
____ 39. Unwanted interruptions of your work
____ 40. Social isolation
____ 41. Being ignored
____ 42. Dissatisfaction with your physical appearance
____ 43. Unsatisfactory housing conditions
____ 44. Finding work uninteresting
____ 45. Failing to get money you expected
____ 46. Gossip about someone you care about
____ 47. Dissatisfaction with your physical fitness
____ 48. Gossip about yourself
____ 49. Difficulty dealing with modern technology (e.g., computers)
____ 50. Car problems
____ 51. Hard work to look after and maintain home

Scoring
Add up your responses and find your total below.

≥ 136 Very high stress
116–135 High stress
76–115 Average stress
56–75 Low stress
51–55 Very low stress