

Stress Mastery Questionnaire

(SMQ)

PARTICIPANT WORKBOOK



STRESSMASTER
INTERNATIONAL

*Created by
James C. Petersen, Ph.D.*

INTERPRETING THE RESULTS OF YOUR SMQ

While everyone experiences stress, some people have greater challenges with their stress than others. Even if your stress is relatively minor or if you experience stress only under certain circumstances, taking the next step in “digging deeper” into your results can be of great benefit. In order to gain a deeper understanding of the SMQ and to isolate the one or two things you can change to make a difference. The following worksheets provide a framework to see what and how to make the changes that will benefit you. There are several steps you may wish to take.

SEE THE BIG PICTURE

The first step is to take a “big picture” look at your scores on each scale. Look mainly at those SMQ Scales where you scored the highest, such as High Risk, Medium High Risk. Ask yourself, “**which areas are most likely to be my main stress warning signs?**” The key to mastering stress is to become more aware of the behaviors and attitudes that reflect inner stress so that you can take action to prevent stress from getting worse. This is your workbook, so feel free to write on the Report or in this Guide your thoughts and impressions.

IDENTIFY THE HIGH TO MEDIUM-HIGH RISK AREAS

After looking at your general risk scores on the 11 scales, focus on the specific questions where you scored high (3, 4 or 5). Ask yourself these questions:

1. Did I score this correctly? If so, should it be higher or lower? Remember the SMQ is not a test but a reflection of how you perceive yourself right now and the recent past.
2. What does this question measure and how does this reflect who I am right now?
3. What is the meaning of this in my life? Is it a problem for me, my family or co-workers?
4. What can I do to change so that I have less stress?

Many times people answer a question one way and then will like to change their response. Review all or most of the questions and how you responded to them. If you used a Companion Form or the SMQ Score Card, what does your Companion say about your stress on these scales. Change them now so that you can have a better sense for the two or three key areas and behaviors (physical and mental) that you should attend to.

GET ANOTHER PERSPECTIVE

Use the SMQ Score Card or show your Stress Report to someone you trust and who can give you their honest feedback. Sometimes we are not the best judge of our behaviors. As you will see, your view of yourself can be quite different than how others see you. As there is no right or wrong answers, by seeking input from a companion, family member or close friend can lead to a more comprehensive understanding of how you handle stress and can lead to positive solutions as discussed in the Guide.

TAKE ACTION

The Guide and this Workbook is your Roadmap to Resilience. Your counselor, coach or a stress mastery trainer can help you to put an Action Plan together (See the last few pages of the Stressmastery Guide) and complete the last page of this workbook called **COMMIT TO CHANGE**.

SUMMARY OF SMQ SCALE DESCRIPTIONS

Following is a short description of each of the 11 SMQ Scales. The more that one agrees with the scale description the HIGHER the Scale Score. If you are using this to rate yourself or someone you know at their request using the **Stressmaster Score Card**, (SEE LAST PAGE OF WORKBOOK) then score them High to Low based on your perception. Generally, if you agree that you or the person you know is very much like the description, give a score of Med-High to High. If not, then choose a lower score like Medium, Med-Low or Low.

STRESS WARNING SIGNS

HOSTILITY/ANGER SCALE

The Hostility/Anger Scale (HO) scale assesses the degree to which someone is experiencing frustration and anger at this time in his or her life. Indicators of Hostility and Anger are irritability, focus on the incompetencies of others, impatience and verbal or physical expressions of anger toward others and expressions of frustration at other's behavior.

PERFECTIONISM SCALE

The Perfectionism Scale (PE) assesses the degree to which someone shows more than normal demands for excellence. Perfectionists demonstrate a strong demand for no errors from those around them whether at work or home, are irritated with the mistakes of others, overwork a task to try and make it perfect, demonstrate that they are a perfectionist in what they do at all times and do not delegate tasks because they don't trust others to do it as well.

TIME-URGENCY SCALE

The Time-Urgency Scale assesses the degree to which someone is frequently in a great rush to move faster, work harder and do more in less time. Generally, a time urgent person is always eating fast, moving and walking rapidly and always is in a hurry. These individuals tend to talk fast and hurry the speech of others and have a strong sense of "clock watching". The inability to slow down is a hallmark of these individuals.

DISAPPOINTMENT SCALE

The Disappointment Scale assesses the level of personal disappointment with others and their job or home life. Individuals how are frequently disappointed think and talk about getting out of their job or life situation, feel that they are not appreciated for their work or effort, talk about people who are or have disappointed them and express discouragement, in general.

BURNOUT SCALE

The Burnout Scale assesses the degree to which a person shows or talks about being sad or unhappy. These individuals tend to have a "thin skin" and cannot laugh at themselves. They also show that they are unenthusiastic and talk pessimistically about their life, work or relationships.

UNDER-ACHIEVEMENT SCALE

The Under-Achievement Scale assesses the degree to which a person is feeling that he or she is not achieving very much and talks about how hard it is to accomplish much, even if they are by all objective standards doing quite well. This scale looks at the feeling and outward expression that things take too long to accomplish and that what they do is rather pointless.

TENSION SCALE

The Tension Scale assesses the degree to which someone is able to relax and take time for themselves. People who score high on this scale have a high level of physical and emotional tension in their bodies. They rarely take time to relax and take time for themselves. When they take breaks, they are short and lunches are avoided or done rapidly. They are always on the go and work late and on weekends. Their leisure time on weekends is almost none existent.

STRESS EFFECTS

PHYSICAL STRESS EFFECTS SCALE

The Physical Stress Effects Scale assesses the possible effect of intense or prolonged stress on the body. Typical physical signs of stress include: indigestion, fast pulse, bowel disturbances, constipation, diarrhea, headaches, back aches, and other health issues.

LIFE/WORK SATISFACTION SCALE

The Life/Work Satisfaction Scale assesses the degree of satisfaction that a person has with his or her work, job or life in general. People who score high on this scale are unhappy with career choice, current job, co-workers, level of income, supervisors and managers and amount of work.

STRESSORS

MAJOR LIFE EVENTS SCALE

The Stressors Scale looks at how many major life events have occurred in the past year that are largely unavoidable. People score high on this scale when they have many life events that include death of a loved one, financial loss, divorce, separation, injuries, loss of job, retirement, legal problems and other events that are mostly out of the control of the individual.

STRESSORS: HASSLE SCALE

The Hassles assesses the amount of daily hassles and challenges one faces each day many of which could be avoided. Hassles are not major life events; they are the common irritations that one perceives such as challenges of a new job or career, concerns about weight, lack of money, conflicts with spouse or friends, difficulties with employees or co-workers, too many responsibilities, vehicle repairs and being delayed in traffic.

I: STRESS WARNING SIGNS

How did you do on each of the SMQ scales? Place an (X) in the space below that corresponds to your “Risk” score obtained from your SMQ results from the first section. Your SMQ results will guide you in identifying your stress “warning” signs and in discovering new and more effective ways to master stress. The seven scales that make up the Stress Warning Signs are:

	RISK LEVEL				
	Low	Medium-Low	Medium	Medium-High	High
Hostility/Anger (HO)	_____	_____	_____	_____	_____
Perfectionism (PE)	_____	_____	_____	_____	_____
Time Urgency (TE)	_____	_____	_____	_____	_____
Disappointment (DI)	_____	_____	_____	_____	_____
Burnout (BR)	_____	_____	_____	_____	_____
Under-achievement (UA)	_____	_____	_____	_____	_____
Tension (TE)	_____	_____	_____	_____	_____

EXAMINATION
 COPY
 PLEASE DO NOT
 REPRODUCE

WHAT DO YOU WANT TO CHANGE?

List or describe the behaviors you want to change at work and/or home.

HOSTILITY/ANGER

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q01. Become impatient when performing repetitious acts (e.g., filling out bank forms, writing checks, washing dishes, etc.)?
[]	[]	Q02. Dwell on the incompetencies of others who stand in the way of your progress?
[]	[]	Q09. Feel impatient with the rate at which events take place?
[]	[]	Q18. In a competitive situation tend to become upset or angry if you are not the best?
[]	[]	Q41. Feel frustrated at others' behavior (e.g., become irritated at your progress behind a slow driver or in a line of customers waiting to be served)?

What does it mean to score HIGH to MEDIUM HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

PERFECTIONISM

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q06. Insist that subordinates or those around you make no mistakes?
[]	[]	Q17. Become irritated with the mistakes of others?
[]	[]	Q25. Overwork a task to get it perfect?
[]	[]	Q28. Demonstrate that you are a perfectionist at what you do?
[]	[]	Q33. Fail to delegate because you believe you can do it better than others?

What does it mean to score HIGH to MEDIUM HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

TIME-URGENCY

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q21. Move, walk, or eat rapidly?
[]	[]	Q32. Hurry the speech of others by saying such things as: "uh-huh"
[]	[]	Q40. Talk rapidly?

What does it mean to score HIGH to MEDIUM HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

DISAPPOINTMENT

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q13. Think about getting out of your job?
[]	[]	Q34. Feel discouraged?
[]	[]	Q35. Talk about people who disappoint you?
[]	[]	Q38. Feel unappreciated?

What does it mean to score HIGH to MEDIUM-HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

BURNOUT

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q10. Feel sad?
[]	[]	Q24. Feel unenthusiastic?
[]	[]	Q26. Get upset when a joke is made about you?
[]	[]	Q27. Feel unhappy?
[]	[]	Q31. Feel pessimistic or negative?

What does it mean to score HIGH to MEDIUM HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., how does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

UNDER-ACHIEVEMENT

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q04. Not accomplish what you set out to do?
[]	[]	Q15. Take more time than usual to do things?
[]	[]	Q19. Avoid tasks and responsibilities?
[]	[]	Q20. Think that what you do is rather pointless?
[]	[]	Q36. Find that you are unable to locate things such as paper, tools, folders, etc.?

What does it mean to score HIGH or MEDIUM HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

TENSION

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? **Indicate how important each behavior or attitude represented by the each question should be a focus for change.** Then, answer the questions below either by your self or as part of a group exercise. If you did not score Medium High to High on this scale, think about people you know who behave this way.

Not Important To Change	Important To Change	Question
[]	[]	Q07. Take time to do something that you really enjoy?
[]	[]	Q11. Take quick, short, or no breaks during the day?
[]	[]	Q23. Have very little time to relax and let go?
[]	[]	Q30. Find it difficult to slow down

What does it mean to score HIGH to MEDIUM-HIGH on this scale? (E.g., How or in what way can these behaviors affect the person, work, productivity, co-workers, family, etc.)

Why does this scale represent a stress warning sign? (E.g., How does behavior affect stress levels?)

What changes will you recommend to someone who scores Medium High to High on this scale? (E.g., Think about alternative ways to behave or function?)

If you scored Medium-High to High on this, how committed are you to making some changes so that your stress levels can be more moderate or optimal?

What will you change?

II: STRESS EFFECTS SCALES

The result of prolonged stress can be chronic physical and emotional dis-stress. Since the effects of stress are the main indicators of how well you are mastering stress, these are important concepts for you to understand. If you scored high on either or both of these scales, it will be important to learn new and better ways to bring down your stress levels each day. Keep in mind that these scales provide an insight to the degree that stress may be affecting you.

How did you do on the SMQ? Place an **(X)** in the space below that corresponds to your score on the following SMQ Scales. The two scales that make up the Stress Effects Scales are:

	Low	Medium-Low	Medium	Medium-High	High
Physical Effects (PE)	_____	_____	_____	_____	_____
Life/Work Satisfaction (LWS)	_____	_____	_____	_____	_____

ACTION

How is stress affecting you, your job and your relationships? Review how you responded to the questions in this section and make any adjustments you feel necessary. Add or delete. Write down how stress affects you below.

PHYSICAL SIGN OF STRESS

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? Stress can have a direct impact on our body. In the space below, for each physical condition you checked on the SMQ, **indicate if stress may be playing a role and how you can reduce the stress response to minimize its impact.**

**Not Stress
Related**

**Stress
Related**

[]

[]

Q03. Notice that you have a fast pulse?

[]

[]

Q05. Have asthma or hay fever flare-ups?

[]

[]

Q08. Have indigestion?

[]

[]

Q12. Experience shortness of breath?

[]

[]

Q14. Have headaches?

[]

[]

Q16. Have constipation/diarrhea?

[]

[]

Q22. Have moist or sweaty palms, feet, or underarms?

[]

[]

Q29. Over perspire/sweating?

[]

[]

Q37. Have difficulty falling or staying asleep?

[]

[]

Q39. Have cold hands or feet?

EXAMINATION
COPY
PLEASE DO NOT
DUPLICATE

STRESS EFFECTS: LIFE/WORK SATISFACTION

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question? How Satisfied or Unsatisfied you are can have a big impact on your social and emotional well-being. How you perceive a situation, person or where you are in your life can impact the Stress Response. **In the space below, if you said you were Unsatisfied (4) or Very Unsatisfied (5), what can you do to change the situation or your feelings about it?**

Not Important To Change	Important To Change	Question
[]	[]	Q79. Career choice? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q80. Job choice? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q81. Co-workers? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q82. Level of income? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q83. Immediate supervisor or, if you are a homemakers, your spouse, mother or father? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q84. Amount of work? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q85. Advancement opportunities? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q86. Personal relationships? How has this affected me, my family or co-workers. What changes might you make, if any?
[]	[]	Q87. Level of exercise/personal fitness? How has this affected me, my family or co-workers. What changes might you

III. STRESSORS SCALES

How did you do in this area? Place a **(X)** in the spaces below that correspond to your scores on the SMQ for both the Life Events and Hassles scales.

Stressors are events such as earthquakes, death of a loved one, economic problems or people like an angry boss, a mean motorist, or a depressed spouse, friend or loved one. When you perceive events like these to be a threat they are called stressors. In essence, we allow stressors to throw us off balance with the result being....Dis-stress.

The SMQ Stressor Scales evaluate two different types of stressors that can have an impact on how well you feel and function. Learning the difference between these two concepts can make a difference in how well you master stress. The two **Stressor** scales are:

	Low	Medium-Low	Medium	Medium-High	High
Live Events (LE)	_____	_____	_____	_____	_____
Hassles (HA)	_____	_____	_____	_____	_____

EXAMINATION
 COPY
 PLEASE DO NOT
 REMOVE

COMMENTS/NOTES

What are your key stressors and is there anything you can do to change them in a positive way? Refer back to how you answered the questions in this section and make adjustments or changes as needed. Write in below the specific stressors that you feel are a "problem" for you.

STRESSORS: MAJOR LIFE EVENTS

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question. **Place an X in the box next to that item. What is the best ways for you to deal with the Stressor situation right now. Write in brief comment on each item where you placed an X. Ask yourself, what is the best way I can handle this situation now and how if feel about it?**

Q42. Death of a spouse or loved one?

Q43. Divorce or marital separation?

Q44. Arrest or jail term?

Q45. Death of a family member or close friend?

Q46. Injury or illness to you?

Q47. Major marital or family conflicts?

Q48. Loss of a job or unemployment (quit or fired)?

Q49. Retirement?

Q50. Major injury or illness of family member?

Q51. Pregnancy or addition of family member?

Q52. Financial loss or difficulties?

Q53. Victim of crime?

Q54. Change of residence?

Q55. Involved in a law suit or legal matter?

Q56. Sexual harassment?

EXAMINATION
COPY
PLEASE DO NOT
DUPLICATE

STRESSORS: HASSLES

Exercise: Understanding The Meaning of This Scale

Refer to your Detailed Stress Report that shows how you responded to each question place an X in the box next to that item. Hassles are things that happen to us each and every day. They are often more challenging than Major Life Events. Identify the ways you can prevent these hassles from recurring. **For each question, write in what you will do to prevent, if possible, that situation, challenge or hassle from recurring.**

Q57. Challenge of a new career (re-entry career)?

Q58. Concern about weight/health

Q59. Not enough money for basics?

Q60. Not enough rest or sleep?

Q61. Conflicts with spouse or close friend?

Q62. Difficulties with employees or friends?

Q63. Difficulties with boss or supervisor?

Q64. Difficulties balancing home or work life?

Q65. Concerned about meeting high standards?

Q66. Problems getting along with coworkers?

Q67. Not enough money for social activities?

Q68. Misplaced or lost things?

Q69. Felt Lonely?

Q70. Too many responsibilities?

Q71. Problems with children

Q72. Being a single parent

Q73. Household repairs and maintenance?

Q74. Caring for aging parents?

Q75. Delayed in heavy traffic?

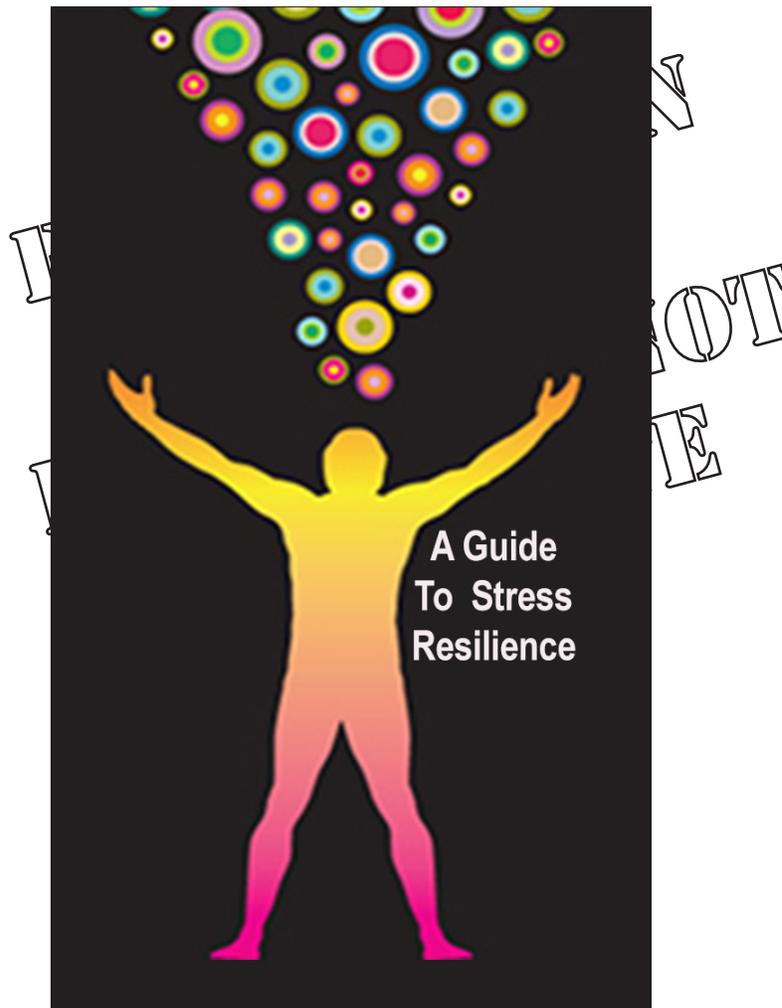
Q76. People at work or home making life difficult?

Q77. Vehicle repairs and maintenance?

Q78. Wasting time

EXAMINATION
COPY
PLEASE DO NOT
DUPLICATE

**YOUR STRESS MASTERY
ACTION PLAN**



STRESS WARNING SIGNS

Below are symptoms people often experience when exposed to stress. The SMQ has helped you to identify the major areas where stress can be revealed. Check any of the areas below to get a summary of your key warning signs. Then “write in” the one or two most troublesome to you.

FEEL THE PHYSICAL SIGNS OF STRESS

- | | |
|--|--|
| <input type="checkbox"/> Back pain | <input type="checkbox"/> Indigestion |
| <input type="checkbox"/> Stomach aches | <input type="checkbox"/> Moist or sweaty palms |
| <input type="checkbox"/> Cold hands or feet | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Easily fatigued | <input type="checkbox"/> Tension in body |
| <input type="checkbox"/> Tight neck, shoulders | <input type="checkbox"/> Frequent “sighs” |
| <input type="checkbox"/> Racing heart | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Shallow breathing | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Constipation | |
- List others: _____

EXAMINATION COPY

PLEASE DO NOT DUPLICATE

What are most troubling to you?

1. _____

OBSERVE YOUR BEHAVIORAL SIGNS OF STRESS

- | | |
|---|--|
| <input type="checkbox"/> Excess smoking | <input type="checkbox"/> Angry outbursts (e.g., yelling) |
| <input type="checkbox"/> Eating without thinking about the food | <input type="checkbox"/> Critical attitude of others |
| <input type="checkbox"/> Short-tempered | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Inability to finish tasks | <input type="checkbox"/> Oversleeping |
| <input type="checkbox"/> Wake up early | <input type="checkbox"/> Driving fast |
| <input type="checkbox"/> Teeth grinding (bruxism) | <input type="checkbox"/> Daily use of alcohol |
| <input type="checkbox"/> Nail biting | <input type="checkbox"/> Fidgety |
- List others: _____

What are most troubling to you?

1. _____
2. _____

BE AWARE OF YOUR EMOTIONAL SIGNS OF STRESS

- | | |
|---|---|
| <input type="checkbox"/> General anxiety (Not a phobia)
<input type="checkbox"/> Being bored
<input type="checkbox"/> Irritable
<input type="checkbox"/> Sense of powerlessness
<input type="checkbox"/> Overwhelming pressure
<input type="checkbox"/> Feeling "burned out"
<input type="checkbox"/> Depressed | <input type="checkbox"/> Feeling helpless
<input type="checkbox"/> On edge
<input type="checkbox"/> Feeling lonely
<input type="checkbox"/> Crying easily
<input type="checkbox"/> Feeling angry inside
<input type="checkbox"/> Unhappiness
<input type="checkbox"/> Up and down moods |
|---|---|

List others: _____

What are most troubling to you?

EXAMINATION
 COPY
 PLEASE DO NOT
 DUPLICATE

1. _____

LEARN ABOUT YOUR MENTAL (COGNITIVE) SIGNS OF STRESS

- | | |
|---|--|
| <input type="checkbox"/> Trouble thinking clearly
<input type="checkbox"/> Forgetfulness
<input type="checkbox"/> Expecting too much from others
<input type="checkbox"/> Constant worry
<input type="checkbox"/> Being self-critical
<input type="checkbox"/> Loss of focus | <input type="checkbox"/> Difficulty with concentration, focus
<input type="checkbox"/> Lack of creativity
<input type="checkbox"/> Inability to make decisions
<input type="checkbox"/> Loss of humor
<input type="checkbox"/> Being pessimistic
<input type="checkbox"/> Confusion |
|---|--|

List others: _____

What are most troubling to you?

1. _____
 2. _____

KNOW YOUR STRESSORS

Who or what are the main Hassles, Life Events or frequent stressors in your life? (E.g., people, events or things that happen)

Who or what irritates you the most in your WORK life?

Who or what irritates you the most in your PERSONAL life?

How do you handle or deal with your stress in a NEGATIVE way?

How do you handle or deal with your stress in a POSITIVE way?

What do you feel emotionally in response to stress?

MASTERING STRESS
EXAMINATION
COPY
PLEASE DO NOT
DUPLICATE

TAKING CONTROL

Fill in the following spaces to create your own plan of action for dealing with stress. With awareness comes responsibility—by becoming more aware you can make better decisions for yourself, your health, your family and your coworkers.

The stress symptoms I most need to notice and pay attention to are:

My stress triggers include the following (situations and people):

A better way to deal with each of these will be to (list the stress management techniques you will use here):

COMMIT TO CHANGE

This is your personal commitment to making a positive change toward Stressmastery. Review the Stress Warning Signs section and select ONE area to work on. Copy this page for more areas/behaviors/attitudes to work on.

1: WHAT HAVE YOU LEARNED ABOUT YOURSELF BY TAKING THE SMQ:

2. SELECT THE AREA/BEHAVIOR TO WORK ON -

3: WHAT WOULD YOU LIKE TO CHANGE - E.g., behaviors, thoughts, or attitudes

- 1.
- 2.
- 3.

4: WHAT WILL PREVENT YOU FROM BEING SUCCESSFUL? people, things, my attitudes, lack of knowledge, lack of commitment, etc.:

- 1.
- 2.
- 3.

5: WHAT WILL YOU DO TO OVERCOME THESE BARRIERS:

6. WHAT ARE THE BENEFITS YOU CAN EXPECT IF I MAKE THESE CHANGES:

7. ASSESS YOUR COMMITMENT: HIGH MED LOW

8: TIME ALLOCATION: I will allow myself _____ months to achieve a reasonable level of success.

9: COMMITMENT: I COMMIT to accomplish this goal! Sign: _____

10: ACCOUNTABLE: I give permission to _____ to hold me accountable.

IMPORTANT

Copy and share this contract with another person as soon as possible. Post on your refrigerator, bathroom mirror, or office wall! Let others help you to be accountable for your change.

STRESSMASTER SCORE CARD®

The **SCORE CARD** is designed to guide you in your self assessment process and will assist you to determine what, if any, areas are most in need of change. The concept behind the Card is to get three points of view so that you can identify the most important areas on which to focus your attention for change.

For each area, **circle** the value (High to Low) based upon a) Your Best Guess, b) What Your Companion thinks and c) Scores from your actual SMQ.

	YOUR BEST GUESS			HOW YOUR COMPANION VIEWS YOU			SCORES FROM YOUR SMQ		
	Circle One for Each Area			Circle One for Each Area			Circle One for Each Area		
<u>STRESS WARNING SIGNS</u>									
ANGER	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
PERFECTIONISM	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
TIME URGENCY	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
DISAPPOINTMENT	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
BURNOUT	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
UNDER-ACHIEVEMENT	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
TENSION	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
<u>STRESS</u>									
PHYSICAL SIGNS	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
LIFE/WORK SATISFACTION	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
<u>STRESSORS</u>									
MAJOR LIFE EVENTS	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med
HASSLES	High	Med-High	Med	High	Med-High	Med	High	Med-High	Med

PHOTOCOPIABLE
DUPLICATE

NAME: _____ GROUP: _____ COMPANY: _____ DATE: _____