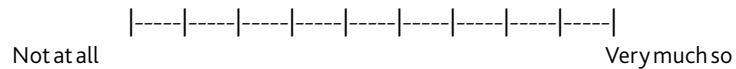
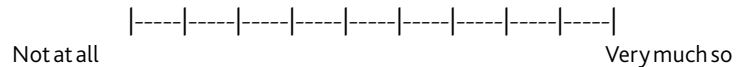


Area 1 Your nature

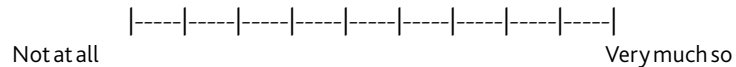
Are you a tense person?



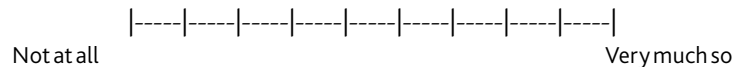
Do you feel down a lot of the time?



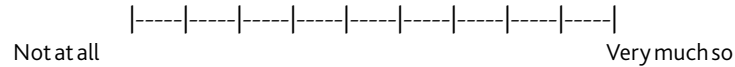
Do you feel easily dissatisfied with yourself and others?



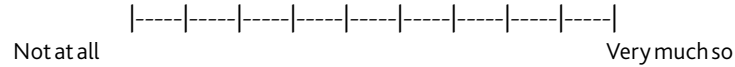
Are you easily upset?



Do you easily feel guilt?



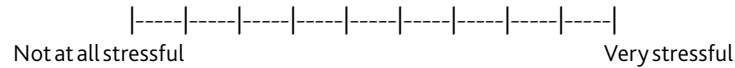
Are you a worrier?



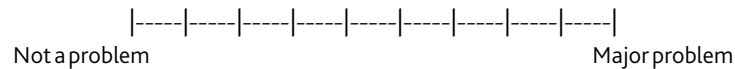
If your crosses are, by and large, towards the right end of the line, then you believe that your basic nature makes you prone to stress.

Area 2 Your job

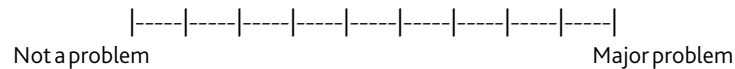
How stressful is your job?



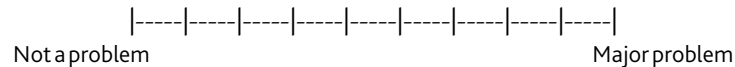
If the job is stressful, go through these questions to see if you can find the source of the stress. Ask yourself 'Why?' each time:
Workload?



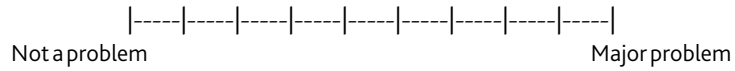
Nature of the job (e.g. dirty, boring)?



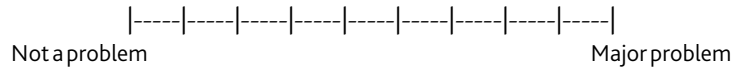
Are you poorly trained?



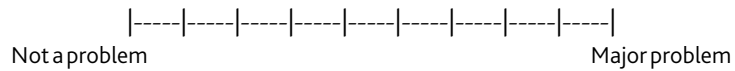
Managers?



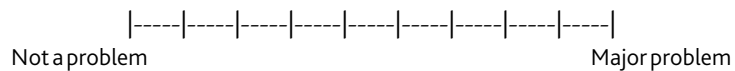
Workmates/colleagues?



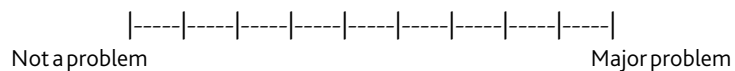
Level of pay?



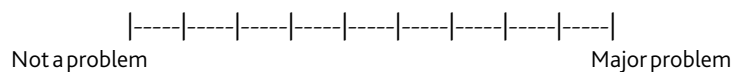
Work environment (e.g. too hot, crowded)?



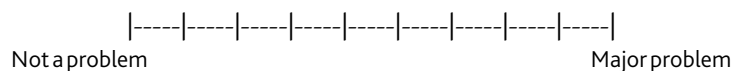
Poor work 'culture' (e.g. 'blame culture', bullying)?



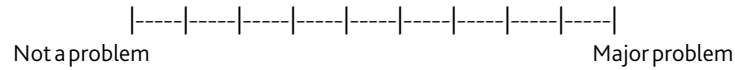
Shifts/hours?



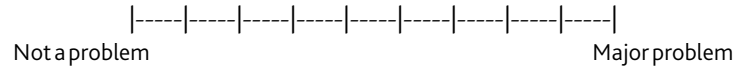
Job insecurity?



Travel to and from work?



Lack of respect?

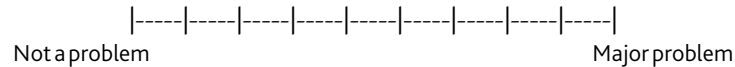


Are there any other issues with the job?

Look at your answers. Can you see any way to tackle the sources of stress you have identified? Or, if they can't be changed, can you see a better way of coping with them? Write down any thoughts you may have.

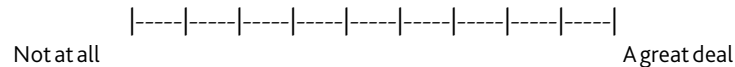
Area 3 Your health

How is your health?



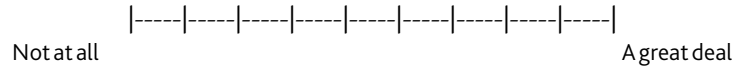
Why is this?

How much does your health affect your stress?



Why is this?

How much does your stress affect your health?

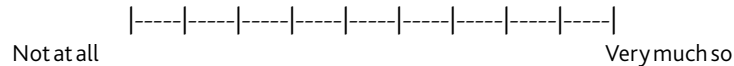


Why is this?

Is there anything you can do to improve your health? Does anyone else close to you have health problems? Do you help take care of them? How well do you cope with this?

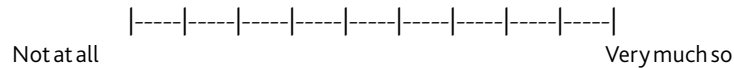
Area 4 Your relationships

Are you unhappy with your home life?



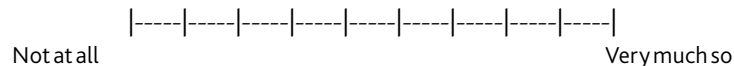
Why?

Are you unhappy with your main relationship(s)?



Why?

Do you feel you lack support around you (e.g. to help with children)?



Why?

Do you have problems trusting those close to you?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|
Very much so

Why?

Do those close to you have problems trusting you?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|
Very much so

Why?

Do you feel under threat from anyone?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|
Very much so

Why?

Does anyone feel under threat from you?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|
Very much so

Why?

Do you feel there are people close to you who add to your stress?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|
Very much so

Why?

Do you feel there are people close to you who are also under stress?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Are you unhappy with your friends/social life?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Are your children causing you problems?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Do you feel lonely?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Do you feel there is no one there for you when you need someone?

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

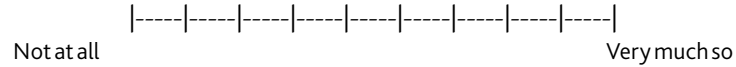
Very much so

Why?

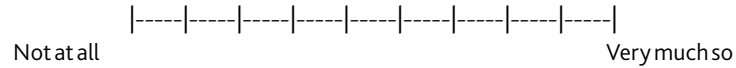
Area 5 Your money

Can you see a way to tackle any of these problems?

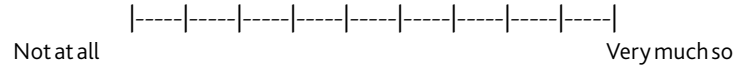
Is lack of money a problem for you?



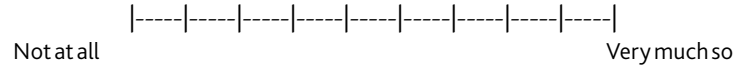
Do you have problems with debt?



Are you living beyond your means?



Are your money problems due to someone else's spending?



How does this affect your day-to-day life?

Can you see any way to work on these problems?

Area 6 Your home/neighbourhood

Do you have problems with your neighbours?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Does your neighbourhood make you stressed?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Do your living conditions add to your stress (e.g. not enough space, house needs repairs, mortgage/rent too high)?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Can you see any way to deal with the issues?

Area 7 Your behaviour

Is your behaviour giving cause for concern to others?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Are you bored with your life?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Why?

Do you have problems with drinking, drugs, gambling, smoking, eating? (specify which)

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

Very much so

How does this affect your day-to-day life? Can you see any way to deal with these issues?

Area 8 Your strengths

Note that in this area the more to the *right* you place your cross, the *greater* your strengths are.

Would those who know you best say you were a good person?

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

Very much so

Are you an honest person?

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

Very much so

On the whole, do you live up to the standards you set yourself?

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

Very much so

Are you a good family member?

|-----|-----|-----|-----|-----|-----|-----|-----|

Not at all

Very much so

Are you a kind person?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Are you a good friend?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|-----| Very much so

Are you someone who respects other people?

Not at all |-----|-----|-----|-----|-----|-----|-----|-----|-----| Very much so

If need be, can you see a way to improve upon your strengths?