

Stress Test

Never or Seldom = 1

Sometimes = 2

Often = 3

Always = 4

I have problems falling asleep or staying asleep.	
I am uptight and cannot seem to relax.	
I get angry if things do not go my way.	
I have difficulty concentrating.	
I have a hard time finding fun things to do.	
I feel tired during the day.	
I worry a lot about things going on in my life.	
I have had health problems because I work too hard.	
I use alcohol, cigarettes, caffeine or drugs to cope with stress.	
I laugh or smile less than I used to.	
I feel sad or disappointed often.	
I like to be in control.	
I don't have enough time for all the things in my life.	
I have a habit of clenching my fists, cracking my knuckles, twirling my hair or tapping my fingers.	

TOTAL: