CAUSES OF STRESS TABLE

INSTRUCTIONS: Rate the causes of stress listed in the table for yourself. Then find out how stressful such events are for your partner.

0 = none

1 = minimal

2 = easy to control

3 = average

4 = substantial

5 = optimal/max

CAUSES OF STRESS	YOU	NAME
exams		
assignments		
research		
money		
house issues		
grades		
meeting new people		
being on time		

LIVEWORKSHEETS

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