

## Stress Control Lifestyle Questionnaire

**Instructions:** On the scale below, circle the number that most closely represents how you see yourself right now.

**I am a person who:**

- |  |               |  |
|--|---------------|--|
| 1. Doesn't mind leaving projects.                      | 1 2 3 4 5 6 7 | Must get projects finished once started.           |
| 2. Feels calm and unhurried about keeping appointments | 1 2 3 4 5 6 7 | Feels hurried about keeping appointments.          |
| 3. Is non-competitive.                                 | 1 2 3 4 5 6 7 | Is highly competitive.                             |
| 4. Lets others finish speaking.                        | 1 2 3 4 5 6 7 | Interrupts others.                                 |
| 5. Never hurries.                                      | 1 2 3 4 5 6 7 | Always hurries.                                    |
| 6. Is able to wait calmly.                             | 1 2 3 4 5 6 7 | Is uneasy when waiting.                            |
| 7. Does one thing at a time.                           | 1 2 3 4 5 6 7 | Does several things at once.                       |
| 8. Speaks slowly and deliberately.                     | 1 2 3 4 5 6 7 | Speaks vigorously and forcefully.                  |
| 9. Concerned with satisfying self, not others          | 1 2 3 4 5 6 7 | Wants recognition from others for a job well done. |
| 10. Slow moving.                                       | 1 2 3 4 5 6 7 | Fast moving.                                       |
| 11. Is satisfied with my job.                          | 1 2 3 4 5 6 7 | Is ambitious, wants to advance quickly.            |
| 12. Relies on others to set my deadlines.              | 1 2 3 4 5 6 7 | Sets my own deadlines.                             |
| 13. Feels limited responsibility                       | 1 2 3 4 5 6 7 | Feels responsibility for the whole world.          |
| 14. Is casual about work.                              | 1 2 3 4 5 6 7 | Is obsessed with work.                             |
| 15. Is careless about details.                         | 1 2 3 4 5 6 7 | Pays careful attention to detail.                  |

Some stress is necessary, even healthy. It inspires creativity and achievement. Scores in the middle of the chart tend to indicate a healthy stress level. The further you are way from the middle, the more stress there may be in your life. The goal is to create a balance between the two extremes.



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