

How Do I Know When I'm Stressed? Scale Directions

We all experience stress, but we all react to each stress differently. Signs and symptoms differ from person to person. Some react to stress behaviorally, while others react emotionally or physically. This assessment will help you learn more about how you experience stress so that you will know when you are experiencing too much stress in your life.

This assessment contains descriptors of the symptoms of stress that are divided into three sections. Think about the times when you were or are feeling stressed. Place a check in the boxes that describe your reactions to the stress. In the following example, the ✓ shows that the person completing the assessment feels bored and writes sad e-mails and texts when experiencing stress.

When I am stressed, I find myself...(✓)

- Fighting a lot
- Forgetting things
- Feeling bored
- Writing sad e-mail/texts

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

When I am stressed, I find myself ...(✓)

- | | |
|---|--|
| <input type="checkbox"/> Fighting a lot | <input type="checkbox"/> Getting overwhelmed easily |
| <input type="checkbox"/> Forgetting things | <input type="checkbox"/> Drawing sad pictures |
| <input type="checkbox"/> Feeling bored | <input type="checkbox"/> Bullying others |
| <input type="checkbox"/> Writing sad e-mails/texts | <input type="checkbox"/> Failing to cope |
| <input type="checkbox"/> Isolating myself | <input type="checkbox"/> Cursing |
| <input type="checkbox"/> Drinking alcoholic beverages | <input type="checkbox"/> Being bullied |
| <input type="checkbox"/> Taking illegal/addictive drugs | <input type="checkbox"/> Wanting to run away from things |
| <input type="checkbox"/> Getting poor grades | <input type="checkbox"/> Letting little things bother me |
| <input type="checkbox"/> Focusing poorly | <input type="checkbox"/> Verbally attacking others |
| <input type="checkbox"/> Losing my temper easily | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Avoiding my studies | <input type="checkbox"/> Other _____ |

BEHAVIORAL TOTAL = _____

- Feeling anxious
- Feeling upset
- Feeling depressed
- Feeling sad
- Feeling hopeless
- Feeling bad about myself
- Losing my self-confidence
- Feeling out of control
- Getting distracted easily
- Feeling tired constantly
- Feeling like I don't care

- Worrying
- Being pessimistic a lot
- Feeling abandoned
- Feeling fearful
- Feeling grouchy
- Having aches and pains
- Feeling picked on
- Crying often
- Feeling alone
- Other _____
- Other _____

EMOTIONAL TOTAL = _____

- Skipping meals
- Sleeping too much
- Experiencing a fast heart beat
- Perspiring a lot/sweating
- Having clammy hands
- Acting without thinking
- Having nightmares
- Biting my fingernails
- Pulling my hair out
- Sleeping restlessly
- Getting an upset stomach

- Losing weight rapidly
- Eating constantly
- Getting a rash
- Suffering from headaches
- Feeling dizzy or light-headed
- Feeling bad all over
- Feeling tired all the time
- Crying a lot
- Feeling my heart racing or thumping
- Other _____
- Other _____

PHYSICAL TOTAL = _____

For each of the boxes in which you placed a . You will receive a score from 0 to 22.
Transfer your totals to the spaces below:

BEHAVIORAL TOTAL = _____

EMOTIONAL TOTAL = _____

PHYSICAL TOTAL = _____

How Do I Know When I'm Stressed? Scale Scoring Directions

Everyone experiences signs and symptoms of stress. It is important to identify your symptoms when you are stressed, to become aware of them and to notice how you are affected. This assessment will help you explore the various ways you experience symptoms of stress.

Profile Interpretation

Individual Scale Score	Result	Indications
15 to 22	high	If you score high on any of the scales, you tend to experience a great deal of stress in that mode.
8 to 14	moderate	If you score moderate on any of the scales, you tend to experience some stress in that mode.
0 to 7	low	If you score low on any of the scales, you tend to not experience much stress in that mode.

Review the tips and tools in the **Stress Topic** on www.yourlifeyourvoice.org.

No matter how you scored, low, moderate or high, the tips and tools will help you to increase your understanding of how to manage your stress.