

# My Stressors Scale

## Directions

Your experience stress from a wide variety of sources.

- School
- Your Family
- Your Personal Life
- Your Social Life

This assessment is divided into four sections and contains descriptors of the types of stress you may be experiencing, or have recently experienced. Place a check ( ✓ ) in the boxes that describe stress you have recently experienced or are experiencing. The example below shows that the person completing the assessment has experienced stress in school by taking hard classes.

Types of stress I have experienced or am experiencing now:

- Poor grades
- Hard classes
- Being bullied

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.

### SCHOOL

- |  |   |
|--|---|
| <input type="checkbox"/> Poor grades                   | <input type="checkbox"/> Problem with friends/lack of friends |
| <input type="checkbox"/> Hard classes                  | <input type="checkbox"/> Demands of school work               |
| <input type="checkbox"/> Being bullied                 | <input type="checkbox"/> Meeting deadlines                    |
| <input type="checkbox"/> Peer pressure                 | <input type="checkbox"/> Too high expectations                |
| <input type="checkbox"/> What to do after graduation   | <input type="checkbox"/> Problems studying                    |
| <input type="checkbox"/> Decisions about working       | <input type="checkbox"/> No time to volunteer/help someone    |
| <input type="checkbox"/> Taking tests                  | <input type="checkbox"/> Suspension from school               |
| <input type="checkbox"/> Taking on too many activities | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Teachers                      | <input type="checkbox"/> Other _____                          |

**SCHOOL TOTAL = \_\_\_\_\_**

- Blended family issues
- Parents arguing a lot
- Loss of a family member
- Issues with step-parents
- Arguing with brothers/sisters
- Alcoholic parent(s)
- Addicted parent(s)
- Parents' divorce
- Parents' separation

- Illness of a family member
- Financial problems
- Unsafe living environment
- Birth of a sibling
- Loss of job by parent or guardian
- Family member in jail
- Arguing with parent(s)
- Other \_\_\_\_\_
- Other \_\_\_\_\_

**FAMILY TOTAL = \_\_\_\_\_**

- Negative feelings about myself
- Changes in my body
- Expect too much
- In trouble with police
- Changing schools
- Moving to a new neighborhood
- Taking a job
- Competing in sports
- Fighting or bullying

- Concern about weight
- Eating disorder
- Pregnancy
- Physical appearance
- Having an addiction
- Struggling with an illness/disability
- Ran away from home
- Other \_\_\_\_\_
- Other \_\_\_\_\_

**PERSONAL TOTAL = \_\_\_\_\_**

- Break up
- Loss of a pet
- Loss of a friend
- Move to a new town
- No friends
- Not fitting in socially
- Pressure to take drugs
- Pressure to drink alcohol
- Pressure to have sex

- Pressure to dress differently
- Pressure to join a gang
- Dating
- Gender identity
- Got married
- Pregnancy in my relationship
- Not getting into a club or sport
- Other \_\_\_\_\_
- Other \_\_\_\_\_

**SOCIAL TOTAL = \_\_\_\_\_**

## My Stressors Scale Scoring Directions

Because stress is part of life, it is hard to avoid it. The first step in managing stress is to identify the aspects of your life in which you are experiencing a lot of stress, become aware of it and notice how it affects you. This assessment will help you explore the various ways you are experiencing stress in your life. For each of the sections, count the number of boxes in which you placed a check ( ✓ ). You will receive a score from 0 to 18. Put the total on the line marked TOTAL at the end of each section.

Transfer your totals to the spaces below.

**SCHOOL TOTAL** = \_\_\_\_\_

**FAMILY TOTAL** = \_\_\_\_\_

**PERSONAL TOTAL** = \_\_\_\_\_

**SOCIAL TOTAL** = \_\_\_\_\_

### Profile Interpretation

Individual Scales Scores	Result	Indications
13 to 18	high	If you score high on any of the scales, you have experienced in the past, or are presently experiencing, a great many stressors.
7 to 12	moderate	If you score moderate on any of the scales, you have experienced in the past, or are presently experiencing, significant stressors.
0 to 6	low	If you score low on any of the scales, you have not experienced in the past, or are not presently experiencing, many stressors.

Review the tips and tools in the **Stress Topic** on [www.yourlifeyourvoice.org](http://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.