

# Stress Management Questionnaire

This stress questionnaire is intended to be an indicator of possible stress, not a diagnosis. If you are concerned with the results of this questionnaire or feel that stress is a negative issue in your life, please see a stress management therapist for help.

**Check the box if these apply to you \***

- There aren't enough hours in the day to do what needs to be done.
- The only way tasks get done correctly is if I do them myself.
- Everything usually takes longer to complete than I expect.
- I usually bring work home.
- I try to ignore problems hoping they'll go away.
- I have more deadlines than most people.
- I don't have time for hobbies.
- I feel guilty if I'm not being productive.
- My confidence is lower than most other people.
- I think about solving problems when I'm relaxing or in social situations.
- I am always tired.
- I have trouble with either binge eating or skipping meals.
- I suspect/know that I grind my teeth, either during the day or when I sleep.
- I rely on caffeine/alcohol/nicotine to get through the day.
- I do everything fast (eat, talk, walk, etc.).
- I am intolerant of slow drivers.
- I find myself consciously suppressing anger or frustration often.
- I usually identify faults to new ideas before considering the results of success.
- I play to win everytime.
- People are predictable and talk too slow, so I usually think about other things during conversations.

# Stress Management Questionnaire Institutional Version

**Ian Pickup**



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