

Your Stress Personality

Measure Your Self Talk

The Struggle Index

Use the numerical ranking below to indicate how strongly you agree with each of the following statements. Then calculate your score.

1
Never
2
Sometimes
3
Often
4
Always

- | | |
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| <p>_____ I am exhausted by daily demands at work and home.</p> <p>_____ My stress is caused by outside forces beyond my control.</p> <p>_____ I am trapped by circumstances that I just have to live with.</p> <p>_____ No matter how hard I work to stay on top of my schedule, I can't get caught up.</p> <p>_____ I have financial obligations that I can't seem to meet.</p> <p>_____ I dislike my work, but I can't risk making a career change.</p> <p>_____ I am dissatisfied with my personal relationships.</p> <p>_____ I feel responsible for the happiness of people around me.</p> <p>_____ I am embarrassed to ask for help.</p> <p>_____ I do not know what I want out of life.</p> | <p>_____ I am disappointed that I have not achieved what I hoped for.</p> <p>_____ No matter how much success I have, I feel empty.</p> <p>_____ If the people around me were more competent, I would feel happier.</p> <p>_____ People let me down.</p> <p>_____ I stew in my anger, rather than express it.</p> <p>_____ I become enraged and resentful when I am hurt.</p> <p>_____ I can't take criticism.</p> <p>_____ I am afraid I will lose my job (home, finances, etc.).</p> <p>_____ I don't see the value of expressing sadness or grief.</p> <p>_____ I don't trust that things will work out.</p> <p>_____ TOTAL</p> |
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20-29	Excellent	You are your own best ally, with a high degree of control, self-esteem and identity.
30-49	Good	You have a healthy sense of control over your life, but occasionally negative self-talk causes you to feel anxious in stressful situations. Try to increase your awareness of the self-destructive things you say to yourself and work on thinking more positive thoughts like, "I can do it."
50-69	Fair	Your options are often clouded and you feel trapped because of frequent negative self-talk. Follow the advice for Good scores; be on the lookout for thoughts that have no basis in reality and condemnations of yourself and others. Don't expect perfection, instead think of ways you can be happier in an imperfect world.
70-80	Poor	Life has become one crisis struggle after another. If you are unable to tame your negative self-talk on your own, consider seeing a therapist. Cognitive therapy is particularly effective in helping people change destructive thought patterns.

From Stress to Strength: How to Lighten Your Load and Save Your Life
Robert S. Eliot, MD, Bantam, 1994

Prevea Behavioral Care

To schedule an appointment, call (920) 272-1200.

