






## STRESS TEST

<b>Almost never</b>		<b>1</b>
<b>Rarely</b>		<b>2</b>
<b>Average</b>		<b>3</b>
<b>sometimes</b>		<b>4</b>
<b>Almost Always</b>		<b>5</b>

1. Do you feel hurried and pressured as if you do not have enough time for everything?
2. Do you set self –imposed deadlines and quotas for yourself?
3. Do you bring job problems or actual work home with you?
4. Do you see yourself as competitive, ambitious and achievement oriented?
5. Do you have trouble just relaxing, taking it easy, or goofing off?
6. Would your spouse or friends describe you as hard –driving and as living a Pressured life style?
7. Would you say that you put forth much effort than the average worker in your occupation?
8. Do you feel angry or get hostile if someone frustrates you or gets in the way of your accomplishing your goals?
9. Do you regularly keep two or more activities or tasks going at the same time, switching back and forth between them
10. Would you say your everyday life is filled mostly with problems needing solutions rather than a predictable routine of events
11. Do you feel time pressure, like there's not enough time to finish tasks?
12. Would you describe yourself as highly competitive and always striving for achievement?
13. Can you fully detach from work thoughts during your leisure time?
14. Do you engage in activities just for enjoyment, without productivity goals?
15. Do you find yourself excited and energized by your work tasks?
16. Do you set aside time for hobbies or interests that fulfill you outside of work?
17. Do you use time management techniques to avoid feeling rushed?
18. To extent do you consciously make time for personal interests and passions?
19. Do you actively seek solutions to challenges instead of dwelling on problems?

20. To extent do you feel your work aligns with your personal values?
21. How well do you sleep on work nights?
22. How concerned are you about your body image?
23. "Do you have a hopeful expectation that things will improve?"
24. Did you have a chance to relax and enjoy a few extra drinks over the past days?"
25. "Would you be open to chatting with someone who has experienced a similar situation and could offer friendly advice or insights?"
26. Do you turn to drugs for relief when you are angry and upset?
27. When dealing with your colleagues or friends, do you often get angry with them?
28. Are you satisfied with your job and do you have pride in your job?
29. Do you try to control your anger when you are angry for some reason?
30. Does your mind wander to different places at unnecessary times?
31. If you quarreled with someone in some action, do you try to get revenge on him?
32. Do you try to reduce stress with physical activity? For example playing, walking freely.
33. Suppose you have to make a decision on some serious matter. That decision affects many people. Do you feel helpless at that time, unable to make up your mind to make a decision on your own?
34. Are you nervous or nervous about situations where you might panic and make a fool of yourself?
35. Do you find yourself feeling down or unenthusiastic about anything at work?
36. Do you feel fearful about your work or your behavior for no good reason?
37. Are you someone who knows how much work needs to be done but doesn't focus on getting it done and rushes at the last minute?
38. Are you someone who often worries because of love or relationship problems?

SCORING	TYPE
50	A+
40-50	A
30-39	A-
20-29	B+
10-19	B

We are randomly select 10 question for one person and all question are given to voice