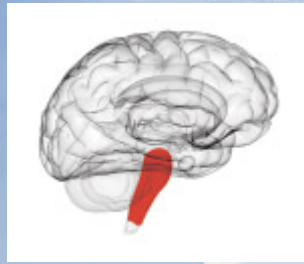


Recognizing your own stress

Take the test



Emotional state due to stress	Never write "0"	sometimes write "1"	often write "2"	most of the time write "3"	Results		
					Flee	Fight	Freeze
Dispersal						x	x
Restlessness						x	x
Claustrophobia						x	x
Anxiety						x	x
Inner tension					x		x
Impatience					x		x
Touchiness					x		x
Agressiveness, anger					x		x
Inertia					x	x	
Discouragement					x	x	
Desire for protection					x	x	
negative view					x	x	
				TOTAL			
					Flee	Fight	Freeze