



## **HOW TO TELL IF YOU'RE A STRESS - PRONE PERSONALITY**

Rate yourself on how you typically react in each of the situations listed below, using the following scale:

- 4 - Always
- 3 - Frequently
- 2 - Sometimes
- 1 - Never

- \_\_\_\_\_ 1. Do you try to do as much as possible in the least amount of time?
- \_\_\_\_\_ 2. Do you become impatient with delays or interruptions?
- \_\_\_\_\_ 3. Do you always have to win at games to enjoy yourself?
- \_\_\_\_\_ 4. Do you find yourself speeding up the car to get through amber lights?
- \_\_\_\_\_ 5. Are you unlikely to ask for or indicate that you need help with a problem?
- \_\_\_\_\_ 6. Do you constantly seek the respect and admiration of others?
- \_\_\_\_\_ 7. Are you overtly critical of the way others do their work?
- \_\_\_\_\_ 8. Do you have the habit of looking at your watch or at a clock often?
- \_\_\_\_\_ 9. Do you constantly strive to better your position and achievement?
- \_\_\_\_\_ 10. Do you spread yourself "too thin" in terms of your time?
- \_\_\_\_\_ 11. Do you have the habit of doing more than one thing at a time?
- \_\_\_\_\_ 12. Do you frequently get angry or irritable?
- \_\_\_\_\_ 13. Do you have little time for hobbies or time by yourself?
- \_\_\_\_\_ 14. Do you have a tendency to talk quickly or hasten conversations?
- \_\_\_\_\_ 15. Do you consider yourself hard-driving?
- \_\_\_\_\_ 16. Do your friends or relatives consider you hard-driving?
- \_\_\_\_\_ 17. Do you have a tendency to get involved in multiple projects?
- \_\_\_\_\_ 18. Do you have a lot of deadlines in your work?
- \_\_\_\_\_ 19. Do you feel vaguely guilty if you relax and do nothing during leisure time?
- \_\_\_\_\_ 20. Do you take on too many responsibilities?

If you score between 20 and 30, chances are you are non-productive or your job lacks stimulation. Between 30 and 50 indicates that you have a good balance, you're able to handle stress well. A 50 - 60 score is marginally too tense; you aren't handling stress too well. Above 60 and you are a candidate for heart disease.