

Stress Analysis

Name _____ Date _____

Course _____ Section _____

I. Record your results and stress categories for each questionnaire given in this chapter.

	Points	Category
Hostility (see Figure 7.3, page 179):	_____	_____ (≤3 = Good, ≥4 = High)
Anger (see Figure 7.3, page 179):	_____	_____ (≤1 = Good, ≥2 = High)
Aggression (see Figure 7.3, page 179):	_____	_____ (≤1 = Good, ≥2 = High)
Cynicism (see Figure 7.3, page 179):	_____	_____ (≤1 = Good, ≥2 = High)
Stress Vulnerability (see Figure 7.4, page 182):	_____	_____ (0–30 = Excellent, 31–40 = Good, 41–50 = Average, 51–60 = Fair, ≥61 = Poor)
Stress Test (see Figure 7.5, page 183):	_____	_____ (≤249 = low risk, ≥250–500 = moderate risk, >500 4 high risk)

II. **Life stressor.** In the space provided below, list a stressor you frequently encounter in life. Explain the situation(s) under which it occurs, your response to it, the impact it has on your life, and how you presently are handling the stressor. Also indicate what you can do to either avoid the stressor or cope with it more effectively in the future.

Stress Analysis (continued)

III. In your own words, express how life stresses and your personality affect you in your daily life.

IV. In the space provided below, list in order of priority, three behaviors that you would like to change to decrease your vulnerability to stress. Briefly indicate how you intend to accomplish these changes.

V. Indicate how you plan to accomplish the changes listed in item IV above.

VI. Number of current daily steps: