

## Part I: Your Stress Tolerance Point Analysis

	Just Right Low	Just Right High	Too Low	Too High
1.	A	C	B	D
2.	A	B	D	C
3.	C	D	B	A
4.	C	B	D	A
5.	D	A	C	B

## Part I: Your Stress Tolerance Point Analysis

Circle your answers to each question in Part I in the chart above. After circling all your answers, determine which column you in which had the most answers (e.g., Just Right High, Too Low).

## Part I: Your Stress Tolerance Point Analysis

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3.	C	D	B	A
4.	C	B	D	A
5.	D	A	C	B

## Part I: Your Stress Tolerance Point Analysis

Circle your answers to each question in Part I in the chart above. After circling all your answers, determine which column you in which had the most answers (e.g., Just Right High, Too Low).

### Just Right Low

- You do not tolerate too much stress.
- You are aware of your low stress tolerance, so you are efficient at taking steps to limit the amount of stress you experience.
- You can deal with acute stress (short term stress) but are relieved when things return to normal.
- You experience less stress when you can stick with your daily, weekly, monthly, and yearly routines.
- The stress management (coping) skills that you need to develop are those that will assist you in times when life changes are dramatic or when you are unable to follow your normal routine.

### **Just Right High**

- ☐ You can endure a fairly high level of stress.
- ☐ You prefer the excitement of a little stress in your life.
- ☐ You perform better and feel happier when life is not routine.
- ☐ You resist routine and allow enough stress into your life to keep operating efficiently.
- ☐ Your stress tolerance point may be higher than others.
- ☐ Even with a higher stress tolerance point, there is a point when too much stress is harmful physically and mentally.
- ☐ The stress management (coping) skills that you need to develop are those that will assist you deal with less pleasant changes in life, such as death of a loved one, injury, and illness.

### **Too Low**

- ☐ You may have a very high stress tolerance point and are operating below it.
- ☐ You may have a relatively low stress tolerance point and are operating below it.
- ☐ You have not found your optimal operating level.
- ☐ You peak in function and happiness under more stimulation.
- ☐ You crave excitement and change.
- ☐ You feel you are not meeting your potential.
- ☐ Not meeting your stress tolerance point results in frustration, irritation, aggression, and depression.
- ☐ The stress management (coping) skills that you need to develop need to meet your need, be interesting, provide positive changes, and assist you address your frustration, irritation, aggression, and depression.

## **Too High**

- ☹ You are operating well above a healthy stress tolerance level.
- ☹ You may be suffering from some form of minor stress related condition and or illness (e.g., inability to concentrate, anxiety, depression, or self-neglect).
- ☹ You may feel like your life is out of control or things are hopeless.
- ☹ You may benefit from a variety of stress management (coping) skills.

# Stress Tolerance Journal

My Stress Tolerance Level is: \_\_\_\_\_

**Stress  
management  
strategy to  
try**

**How often  
tried (e.g.,  
daily for two  
weeks)**

**How  
effective was  
this  
technique in  
helping me  
achieve a  
healthy  
Stress Level  
Tolerance?  
(on a scale of  
1-10)**

**Keep (K) or  
not for me  
(N)?**

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