

Part III

Your Stress Vulnerability Factor Analysis

Stress vulnerability relates to your personal tendencies. Questions 11-15 in Part III of the personal stress test may identify where your vulnerabilities lie. Note your answers to questions 11-15 and the corresponding area of vulnerability.

- ☰ **Answer:** 11.A, 13.D
 - Spending too much time alone, or lack of satisfying social contact

- ☰ **Answer:** 11.B, 15.D
 - Spending too much time around others

- ☰ **Answer:** 11.D
 - Caretaker conundrum

- ☰ **Answer:** 12.A
 - Financial pressure

- ☰ **Answer:** 12.B
 - Family dynamics

- ☰ **Answer:** 12.C, 13.B
 - Obsessive worrying

- ☰ **Answer:** 12.D, 15.B, 15.C
 - The need for constant validation by others

- ☰ **Answer:** 13.A, 13.B, 13.C, 13.D
 - Lack of self-control, motivation, organization

- ☰ **Answer:** 14.A, 15.A
 - Need to control

- ☰ **Answer:** 11.C, 14.A, 14.B, 14.D
 - Your job/career

- ☰ **Answer:** 13.D, 14.D
 - Low self-esteem

Part III

Your Stress Vulnerability Factor Analysis

Spending too much time alone, or lack of satisfying social contact

Stress management techniques to try:

- ☰ Friend Therapy
- ☰ Journaling
- ☰ Group Therapy
- ☰ Meditation Classes
- ☰ Exercise Classes
- ☰ Massage Therapy

Spending too much time around others

Stress management techniques to try:

- ☰ Meditation
- ☰ Visualization
- ☰ Chakra

Caretaker conundrum

Stress management techniques to try:

- ☰ Stress management techniques that make room for your own creatively and self-expression.

Financial pressure

Stress management techniques to try:

- ☰ Stress management techniques that help you take responsibility for your financial situation.

Family dynamics

Stress management techniques to try:

- ☰ Journaling and other creative techniques

Part III

Your Stress Vulnerability Factor Analysis

Obsessive worrying

Stress management techniques to try:

- Exercise
- Mental control techniques

The need for constant validation by others

Stress management techniques to try:

- Stress management techniques that help you get in touch with the inner you

Lack of self-control, motivation, organization

Stress management techniques to try:

- Stress management techniques that help you gain control (e.g., getting organized, getting healthy)

Need to control

Stress management techniques to try:

- Stress management techniques that become neutral (go with the flow)

Your job/career

Stress management techniques to try:

- Stretching
- Breathing exercises
- Relaxation Techniques

Low self-esteem

Stress management techniques to try:

- Stress management techniques that help you boost self-esteem.

My Stress Responses

Week and Dates	This Week	My Plan for Next Week
Dates: _____ to _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Dates: _____ to _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
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