

Your Personal Stress Profile (PSP)



PSP Part I

Your Personal Stress Test

Part I

Circle the answers that best apply to you:

1. Which of the following best describes your average day?
 - A. *Comfortingly regular*-I get up, eat, work, and play at about the same time each day. I like my routines and orderly life.
 - B. *Maddeningly regular*-I get up, eat, work, and play at about the same time each day, and the boredom is killing me.
 - C. *Regular in essence but not in order*-I get up, eat, work, and play most days, but I never know when I'll do which thing, and if something new happens, then hey, great! I like to go with the flow.
 - D. *Highly irregular and stressful*-every day, something throws off my schedule. I long for routine, but life keeps foiling my efforts.

2. What happens when you don't eat or exercise regularly?
 - A. I get a cold, the flu, or an allergy attack, bloat, feel fatigued, or there is some other little signal that my good habits have lapsed.
 - B. I don't pay much attention to my diet or exercise regimen but seem to feel fine most of the time.
 - C. Eat well? Exercise? One of these days, maybe I'll try that, if I ever have the time or energy to work it into my pack schedule.
 - D. I feel thrilled and emotionally heightened. I enjoy changing the routine and throwing myself into a different physical state.

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3. When criticized by someone or reprimanded by an authority figure, how do you tend to feel?
 - A. I feel panicky, hopeless, anxious, or depressed, as if something terrible and beyond my control has just happened.
 - B. I feel angry and vengeful. I obsess over all the ways I could have or should have responded. I plan elaborate revision scenarios, even if I don't intend to carry them out.
 - C. I feel irritated or hurt for a little while, but not for long. I focus on how I could avoid another situation like this.
 - D. I feel misunderstood by the masses. I know I was right, but, ah, that's the price a genius!

4. When preparing to perform in front of people for any reason (a concert, a speech, the presentation, a lecture), how do you tend to feel?
 - A. I feel like throwing up.
 - B. I feel stimulated, thrilled, a little nervous, full of energy.
 - C. I avoid situations where I have to perform because I don't like it.
 - D. I feel aggressive or boastful.

5. When in the middle of the crowd, how do you feel?
 - A. Exhilaration!
 - B. Panic!
 - C. I feel like causing trouble. Wouldn't it be funny to pull the fire alarm?
 - D. I feel okay for wall, but then I'm ready to go home.

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PSP Part II

Part II

Circle the answers that best apply to you. If none apply (for instance, if you are perfectly satisfied with your work life and it doesn't cause you stress), don't circle any of answers under a given question:

6. When it comes to where you live, by what do you feel the most stress?
 - A. I feel stressed by city pollution/indoor allergens.
 - B. I feel stressed by frequent quarreling with someone in my home.
 - C. I feel stressed by sleep deprivation. My living conditions (new baby, noisy roommates) don't ever allow me to sleep as much as I need.
 - D. I feel stressed by the sudden change in the people that live in my home, either due to absence (someone moved out, passed away) or presence (someone moved in, a new baby).

7. What habits should I change?
 - A. I shouldn't stay inside too much. I know I should get some fresh air once in a while.
 - B. I shouldn't constantly put myself down.
 - C. I shouldn't smoke, drink, or eat too much.
 - D. I shouldn't be too concerned with what other people think of me.

8. What could make your life so much better?
 - A. If only I could move out of the city/rural area/small town/suburbs/this country?
 - B. If only I felt better about who I am.
 - C. If only I were healthier, and I had more energy.
 - D. If only I had more power, prestige, and money.

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PSP Part II

Part II

9. What do you truly dread?

- A. I dread the holidays. All that holiday cheer everywhere gets me down.
- B. I dread failure.
- C. I dread illness and/or pain.
- D. I dread having to speak in front of people.

10. How do you feel about your life's work or career?

- A. I feel I would be happier in a completely different work environment.
- B. I feel dissatisfied. My personal skills are being fully utilized.
- C. I feel stressed. I've already used up all my sick days due to minor illnesses.
- D. I feel pressure to conform to the work habits of my coworkers or the expectations of my supervisor, even though I'm not comfortable working in that way.

Your Personal Stress Profile (PSP)



PSP Part III

Part III

Circle the answers that best apply to you:

11. How do you describe yourself?
 - A. I'm an extrovert, energized by social contact.
 - B. I'm an introvert, energized by a long time.
 - C. I'm a workaholic.
 - D. I'm a caretaker.
12. What makes you tense?
 - A. I feel tense when I think about my financial situation.
 - B. I feel tense when I think about my family.
 - C. I feel tense when I think about the safety of my loved ones.
 - D. I feel tense when I think about what people think of me.
 - E.
13. While plenty of areas of your life are under control, where do you suddenly lose control?
 - A. I consume too much food and/or alcohol and/or spend too much money.
 - B. I worry obsessively.
 - C. I cleaned the house and/or organized constantly.
 - D. I just can't keep my mouth shut! Often unintentionally anger and/or offend someone.

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PSP Part III

14. When it comes to work, how do you describe yourself?
- A. I am highly motivated and ambitious.
 - B. I'm a drunk. Work is boring and unfulfilling.
 - C. I'm satisfied the glad I've got a life outside of my job.
 - D. I'm deeply satisfied. I know I could accomplish something so much better than this if only I had the opportunity to try!
15. How are you in your personal relationships?
- A. I'm usually the one in control.
 - B. I'm a follower.
 - C. I'm always looking for something I don't have.
 - D. I'm somewhat distant.

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PSP Part IV

Part IV

Circular answer that best describes how you would most likely react to each of the following stress scenarios:

16. What would you do if your life were really busy and you had too many social obligations and too much work, and it seemed as though your days consisted of nothing but frantic rushing around to complete your to-do list?
 - A. I feel overwhelmed, anxious, and out of control.
 - B. I gained 5 pounds.
 - C. I constructed an elaborate and detailed system for keeping every aspect of my life in order, which I stick to for a few weeks before abandoning it.
 - D. I cut back on current obligations and say “no” to new ones.

17. What would you do if you awoke with a nasty cold-- a scratchy throat, stuffy nose, chills, and all over ache?
 - A. I call in sick and spend the day resting and drinking tea with honey.
 - B. I'd pop some cold medicine, go to work, and try to pretend I wasn't sick.
 - C. I go to the gym and try to sweat it out by going full power and a kickboxing class or by running a few miles on the treadmill.
 - D. I wonder how this could happen to me when I had so many important things to do. I worry about how many things in my life will be disrupted by my getting sick.

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PSP Part IV

18. How would you handle a problem with the personal relationship?
- A. I'd pretend there wasn't a problem.
 - B. I demand that we talk about it, talk about it now.
 - C. I get depressed and think that it must be my fault and wonder why I always wrong relationships.
 - D. I spent some time reflecting on exactly what I would like to say so as not to sound accusatory, then approach the person about discussing some specific problems. If it didn't work, at least I could say I tried.
19. If your supervisor tells you that a client complained about you, then advise you not to worry about it, but suggested you be more careful what you say to clients in the future, how would you feel?
- A. I feel extremely offended and upset us for days about who the client might have been and how I might be able to get revenge for being made to look bad in front of my boss.
 - B. I feel indifferent. Some people are overly sensitive.
 - C. I feel aghast if I offended someone and wonder how it could have happened. I did act overly polite and accommodating to everyone but my confidence would definitely be deflated.
 - D. I feel hurt or maybe a little angry but would probably decide to take my supervisors advise and not worry about it I will then make a point to notice how I spoke to clients.

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PSP Part IV

20. If you had a big test or presentation in the morning and a lot depending on the result, how would you feel as you try to get to sleep?

- A. I feel a little nervous but excited because I be prepared. I plan to get a really good night sleep so that I be at my best.
- B. I feel so nervous that I probably would throw up. I have a few drinks or cookies or cigarettes to calm myself down, even though that usually doesn't work very well. I sleep restlessly.
- C. I'd stay up all night going over my notes, even after I knew them by heart. My filling would be that it can't hurt to look at them again... and again.
- D. Thinking about the tester presentation would make me nervous, so I'd pretend nothing was going on and I do my best to not think about it.

You're done! Excellent job! Now it's time to tally up your answers!

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).

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.

Part II: Your Stress Trigger Analysis

Answer	Total number
A	
B	
C	
D	

Part II: Your Stress Trigger Analysis

Add up the number of A's, B's, C's, and D's you chose in Part II (questions 6-10) and record them in the table above.

Two (2) or more A's: You suffer from environmental stress, or stress that comes from the world around you (e.g., pollution, traffic, marriage, separation, and the weather). Environmental stressors are typically unavoidable; however, there are several stress management techniques that may help in reducing stress caused from our environment.

Two (2) or more B's: You suffer from personal stress, or stress that comes from your personal life (e.g., personal relationships, self-esteem, and self-worth). Stress management techniques that assist you in managing your thoughts and emotions about yourself are beneficial for you.

Two (2) or more C's: You suffer from physiological stress (e.g., the kind of stress that happens inside of your body such as illness, pain, hormonal changes, imbalances, and changes to the body caused by addictions). Stress management techniques that get to the root cause or source of the physiological stressor may work best for you.

Two or more D's: You suffer from social stress. Social stress is stress related to how others in the world see you. Stress management techniques that improve how you see yourself may work best for you.

Part II: Your Stress Trigger Analysis

Two (2) or more A's: Stress management techniques to try:

- Meditation
- Breathing
- Exercise/nutrition
- Vitamin/mineral therapy
- Feng Shui

Two (2) or more B's: Stress management techniques to try:

- Meditation
- Massage Therapy
- Habit Reshaping
- Visualization
- Optimism Therapy
- Self-hypnosis
- Exercise
- Creative Therapy
- Dream Journaling
- Friend Therapy

Two (2) or more C's: Stress management techniques to try:

- Habit Reshaping
- Nutrition/Exercise Balancing
- Massage Therapy
- Visualization
- Relaxation Techniques
- Mindfulness Meditation
- Vitamin/Herbal/Homeopathic Therapy
- Ayurveda

Two or more D's: Stress management techniques to try:

- Exercise
- Attitude Adjustment
- Visualization
- Creative Therapy
- Friend Therapy
- Habit Reshaping

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.

Part IV: Your Stress Response Tendencies Analysis

	IGNORE	REACT	ATTACK	MANAGE
16.	A	B	C	D
17.	B	D	C	A
18.	A	C	B	D
19.	B	C	A	D
20.	D	B	C	A

Part IV: Your Stress Response Tendencies Analysis

Your stress response tendencies describe how you respond to stress. Circle each of your answers to questions 16-20 of Part IV in the corresponding table above. The category that you choose most often (e.g., Ignore, Attack) indicates how you respond to stress.

Part IV: Your Stress Response Tendencies Analysis

Ignore It: You tend to ignore stress. At times, ignoring stress can be an effective coping strategy, but sometimes, ignoring stress compounds it. The key to ignoring stress productively is to be aware of what type of stress you are experiencing and then making a rational decision on ignoring it or not.

Reacting to It: You tend to react to stress. Your reaction to stress can be either beneficial and destructive. Managing your stress could be more beneficial.

Attacking It: You attack stress head on, full speed. You refuse to let the stress beat you. Sometimes letting go is more beneficial than attacking it.

Manage It: You do a good job of stress management. You could always still improve!

Other SM Topics



Please check each smiley face 😊 that applies and explore, research, and experiment:

- 😊 Journaling
- 😊 Sleep
- 😊 Hydration
- 😊 Bad Habits (e.g., Overeating, overworking, too much media, shopping, procrastinating)
- 😊 Vitamins, minerals, and more
- 😊 Relaxation
- 😊 Exercise
- 😊 Massage Therapy
- 😊 Diet
- 😊 Meditation
- 😊 Attitude Adjustment
- 😊 Autogenic Training and Hypnosis
- 😊 Ayurveda Bio-Feedback
- 😊 Creative Therapy
- 😊 Dream Journaling
- 😊 Flower Remedies
- 😊 Friend Therapy