

Your Stress Management Profile

Date:

My Stress Tolerance Point is (check one):

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Just Right High | <input type="checkbox"/> Too High |
| <input type="checkbox"/> Just Right Low | <input type="checkbox"/> Too Low |

I believe I am operating (check on):

- Above
- At
- Below

...my tolerance point.

Here is how I feel about my efforts or lack of efforts to operate at or near my Stress Tolerance Point.

My Stress Triggers are, in general:

ENVIRONMENTAL: _____

PHYSIOLOGICAL: _____

PERSONAL: _____

SOCIAL: _____

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Some stress management techniques I think sound interesting for dealing with my stress triggers are:

In accessing my Stress Vulnerability, I believe I am:

As (check one):

- Introvert
- Extrovert

I want to remember to try stress techniques, such as _____, _____, and _____, that work with my above tendency.

I am particularly likely to be subject to stress when it is related to (check all that apply):

- Work
- Self-Esteem
- Self-Control
- Money
- Image
- Family
- Competition/Control/Ego
- Worry
- My Dependents

I plan to focus my stress management techniques on these areas.

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Here are my personal observations about my stress vulnerability:

My stress response tendency is to (check one):

- Ignore It
- React to It
- Attach It
- Manage It

Here are my thoughts on the way I tend to respond to stress:

Other notes:
