



WELLNESS WORKSHEET 12

Daily Hassles and Stress

For each of the following experiences, indicate to what degree it has been a part of your life *over the past month* by writing in the appropriate number.

- 1 = not at all part of my life
- 2 = only slightly part of my life
- 3 = distinctly part of my life
- 4 = very much part of my life

- ___ 1. Disliking your daily activities
- ___ 2. Lack of privacy
- ___ 3. Disliking your work
- ___ 4. Ethnic or racial conflict
- ___ 5. Conflicts with in-laws or boyfriend's/girlfriend's family
- ___ 6. Being let down or disappointed by friends
- ___ 7. Conflict with supervisor(s) at work
- ___ 8. Social rejection
- ___ 9. Too many things to do at once
- ___ 10. Being taken for granted
- ___ 11. Financial conflicts with family members
- ___ 12. Having your trust betrayed by a friend
- ___ 13. Separation from people you care about
- ___ 14. Having your contributions overlooked
- ___ 15. Struggling to meet your own standards of performance and accomplishment
- ___ 16. Being taken advantage of
- ___ 17. Not enough leisure time
- ___ 18. Financial conflicts with friends or fellow workers
- ___ 19. Struggling to meet other people's standards of performance and accomplishment
- ___ 20. Having your actions misunderstood by others
- ___ 21. Cash-flow difficulties
- ___ 22. A lot of responsibilities
- ___ 23. Dissatisfaction with work
- ___ 24. Decisions about intimate relationship(s)
- ___ 25. Not enough time to meet your obligations
- ___ 26. Dissatisfaction with your mathematical ability

(over)

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- ___ 27. Financial burdens
- ___ 28. Lower evaluation of your work than you think you deserve
- ___ 29. Experiencing high levels of noise
- ___ 30. Adjustments to living with unrelated person(s) (e.g., roommate)
- ___ 31. Lower evaluation of your work than you hoped for
- ___ 32. Conflicts with family member(s)
- ___ 33. Finding your work too demanding
- ___ 34. Conflicts with friend(s)
- ___ 35. Hard effort to get ahead
- ___ 36. Trying to secure loan(s)
- ___ 37. Getting “ripped off” or cheated in the purchase of goods
- ___ 38. Dissatisfaction with your ability at written expression
- ___ 39. Unwanted interruptions of your work
- ___ 40. Social isolation
- ___ 41. Being ignored
- ___ 42. Dissatisfaction with your physical appearance
- ___ 43. Unsatisfactory housing conditions
- ___ 44. Finding work uninteresting
- ___ 45. Failing to get money you expected
- ___ 46. Gossip about someone you care about
- ___ 47. Dissatisfaction with your physical fitness
- ___ 48. Gossip about yourself
- ___ 49. Difficulty dealing with modern technology (e.g., computers)
- ___ 50. Car problems
- ___ 51. Hard work to look after and maintain home

Scoring

Add up your responses and find your total below.

≥ 136	Very high stress
116–135	High stress
76–115	Average stress
56–75	Low stress
51–55	Very low stress