



WELLNESS WORKSHEET 13

Time Stress Questionnaire

The following list describes time-related difficulties people sometimes experience. Please indicate how often each is a difficulty for you, using the numbers shown:

 0 **Seldom or never a difficulty for me**

 1 **Sometimes a difficulty for me**

 2 **Frequently a difficulty for me**

_____ My time is directed by factors beyond my control

_____ Interruptions

_____ Chronic overload—more to do than time available

_____ Occasional overload

_____ Chronic underload—too little to do in time available

_____ Occasional underload

_____ Alternating periods of overload and underload

_____ Disorganization of my time

_____ Procrastination

_____ Separating home, school, and work

_____ Transition from work or school to home

_____ Finding time for regular exercise

_____ Finding time for daily periods of relaxation

_____ Finding time for friendships

_____ Finding time for family

_____ Finding time for vacations

_____ Easily bored

_____ Saying “yes” when I later wish I had said “no”

_____ Feeling overwhelmed by large tasks over an extended period of time

_____ Avoiding important tasks by frittering away time on less important ones

_____ Feeling compelled to assume responsibilities in groups

_____ Unable to delegate because no one to delegate to

_____ My perfectionism creates delays

_____ I tend to leave tasks unfinished

_____ I have difficulty living with unfinished tasks

_____ Too many projects going at one time

(over)

WELLNESS WORKSHEET 13 — continued

- _____ Getting into time binds by trying to please others too often
- _____ I tend to hurry even when it's not necessary
- _____ Lose concentration while thinking about other things I have to do
- _____ Not enough time alone
- _____ Feel compelled to be punctual
- _____ Pressure related to deadlines

Scoring

Add your scores and find your rating below.

- 0–9 Low difficulty with time-related stressors
- 10–19 Moderate difficulty with time-related stressors
- 20 or more High difficulty with time-related stressors

Now go back and underline the five most significant time-related stressors for you. Identify two concrete strategies you can take to help relieve each of these key stressors.

Stressor 1: _____

- 1. _____
- 2. _____

Stressor 2: _____

- 1. _____
- 2. _____

Stressor 3: _____

- 1. _____
- 2. _____

Stressor 4: _____

- 1. _____
- 2. _____

Stressor 5: _____

- 1. _____
- 2. _____