



PERSONAL ASSESSMENT TEST

This test assesses how you are feeling about your life

1st

Check the ones that best relate to you

2nd

Then rate them from 1-5 (1 being never, and 5 being always)

✓	ATTITUDE	SCORE
<input type="checkbox"/>	I'm always right	<input type="checkbox"/>
<input type="checkbox"/>	I must succeed all the time	<input type="checkbox"/>
<input type="checkbox"/>	Things must be perfect	<input type="checkbox"/>
<input type="checkbox"/>	There is never enough time in the day	<input type="checkbox"/>
<input type="checkbox"/>	I feel isolated from my family or close friends	<input type="checkbox"/>
<input type="checkbox"/>	I feel that people should listen better	<input type="checkbox"/>
<input type="checkbox"/>	Events in my life are running me	<input type="checkbox"/>
<input type="checkbox"/>	I must do it myself	<input type="checkbox"/>

✓	ATTITUDE	SCORE
<input type="checkbox"/>	I cannot say no to people without feeling guilty	<input type="checkbox"/>
<input type="checkbox"/>	I never feel satisfied with my life	<input type="checkbox"/>
<input type="checkbox"/>	I need to create excitement to avoid boredom	<input type="checkbox"/>
<input type="checkbox"/>	I feel a lack of intimacy with people around me	<input type="checkbox"/>
<input type="checkbox"/>	I am unable to relax	<input type="checkbox"/>
<input type="checkbox"/>	I feel increasingly cynical and judgemental	<input type="checkbox"/>
<input type="checkbox"/>	I am unable to laugh at myself	<input type="checkbox"/>
<input type="checkbox"/>	I avoid speaking my mind	<input type="checkbox"/>
<input type="checkbox"/>	I feel as if I'm going no where	<input type="checkbox"/>
<input type="checkbox"/>	I have problems I cannot solve	<input type="checkbox"/>
<input type="checkbox"/>	In the morning I feel unrested	<input type="checkbox"/>
<input type="checkbox"/>	I often communicate negative views	<input type="checkbox"/>

✓	ATTITUDE	SCORE
<input type="checkbox"/>	I easily anger	<input type="checkbox"/>
<input type="checkbox"/>	I seem further behind at the end of the day	<input type="checkbox"/>
<input type="checkbox"/>	I forget deadline and appointments	<input type="checkbox"/>
<input type="checkbox"/>	I am irritable and shorttempered	<input type="checkbox"/>
<input type="checkbox"/>	I often worry about the future	<input type="checkbox"/>
<input type="checkbox"/>	I consider myself used/exploited	<input type="checkbox"/>
<input type="checkbox"/>	I sleep restlessly	<input type="checkbox"/>
<input type="checkbox"/>	I feel dissatisfied with work and personal life	<input type="checkbox"/>
<input type="checkbox"/>	I wish I could change the past	<input type="checkbox"/>
<input type="checkbox"/>	I'm not where I want to be in my life	<input type="checkbox"/>
<input type="checkbox"/>	I have trouble getting to sleep and staying asleep	<input type="checkbox"/>

✓	ATTITUDE	SCORE
<input type="checkbox"/>	I have trouble waking up	<input type="checkbox"/>
<input type="checkbox"/>	I feel hopeless and sad in the morning	<input type="checkbox"/>
TOTAL SCORE:		<input type="text"/>

SCORE YOURSELF:

0 - 26 = low stress

26 - 52 = mild stress

52 - 78 = moderate stress

78 - 102 = moderatehigh stress

102+ = high stress