

## Stressful Events Inventory

What's got you stressed out? This quick inventory will help you to identify sources of stress in your life and recognize how quickly stress can add up. Simply read through each question, recording the numeric score that corresponds to your response.

1. **Have you broken off a committed relationship, divorced or separated within the past 12 months?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
2. **Do you dread going to work more days than not?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
3. **Do you have a current of unresolved conflict with a neighbor?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
4. **Do you have a current or unresolved conflict with a co-worker or your supervisor?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
5. **Do you have a current or unresolved conflict with a family member?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
6. **Have you moved within the past six months, or are you planning a move?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
7. **Have you borrowed money to cover expenses or debt?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
8. **Have you increased your credit card debt in the past six months?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
9. **Do you have a new baby, have you recently adopted or are you currently planning an adoption?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
10. **Has a parent, spouse or child died within the past year?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
11. **Does a parent, spouse or child have a serious illness?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)
12. **Are you currently working more than 50 hours per week?**  
(If answer yes, give yourself 1 point.)  
(If answer no, give yourself 0 points.)

**13. Do you sleep less than six hours per night on at least three nights each week?**

(If answer yes, give yourself 1 point.)

(If answer no, give yourself 0 points.)

**Results**

**Total your score. If your score is:**

**0 to 2 points:** Any one of these events or circumstances alone can cause substantial stress. The cumulative effect of several stressors occurring at one time can be overwhelming, although people vary considerably in how they experience the intensity of each stressor. Based on your responses, you may be experiencing minimal symptoms of stress. If you feel overwhelmed by stress, regardless of the source, you might benefit from consulting your Employee Assistance Program (EAP).

**3 or more points:** Any one of these events or circumstances alone can cause substantial stress, and the cumulative effect of several stressors occurring at one time can be overwhelming. Also, people vary considerably in how they experience the intensity of each stressor. Based on your responses, you are very likely experiencing symptoms of stress. If you feel overwhelmed by stress, regardless of the source, you should consult with your Employee Assistance Program (EAP).

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