



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

YOUR PERSONAL STRESS INVENTORY

To manage stress effectively, you need to learn about your unique patterns of stress: what factors promote it, how you experience it, and how you cope with it. Understanding your patterns and becoming more aware of early signs of stress are important first steps in managing stress.

This personal inventory will help you become more aware of your responses to stress, life events that may impact your stress level, and how you cope with stress. There are no right or wrong answers; instead, the scoring system is designed to give a general indication of stress levels and to help you focus on those unhealthy responses that could be changed through improved stress management techniques.

PART I: HOW DO I RESPOND TO STRESS?

Circle the letter that most appropriately applies to you:

N: Never R: Rarely S: Sometimes O: Often A: Always

Physical Responses to Stress

- | | | | | | |
|--|---|---|---|---|---|
| 1. I have frequent headaches. | N | R | S | O | A |
| 2. I get stomach aches or experience discomfort. | N | R | S | O | A |
| 3. My back aches. | N | R | S | O | A |
| 4. I have stiffness in my shoulders or upper back. | N | R | S | O | A |
| 5. My blood pressure is elevated. | N | R | S | O | A |
| 6. I get palpitations or a rapid heartbeat. | N | R | S | O | A |
| 7. I get short of breath and breathe rapidly. | N | R | S | O | A |
| 8. I feel dizzy or shaky. | N | R | S | O | A |
| 9. I'm fatigued, tired, or un-rested. | N | R | S | O | A |
| 10. I feel "wound up," and tense inside. | N | R | S | O | A |

Total Number O's and A's Circled _____



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Behavioral Responses to Stress

- | | | | | | |
|---|---|---|---|---|---|
| 1. I eat compulsively or too fast. | N | R | S | 0 | A |
| 2. I light up a cigarette. | N | R | S | 0 | A |
| 3. I drink alcohol or use mood-altering drugs. | N | R | S | 0 | A |
| 4. I grind my teeth. | N | R | S | 0 | A |
| 5. I clench my fists. | N | R | S | 0 | A |
| 6. I pace, walk rapidly or rush. | N | R | S | 0 | A |
| 7. I tap my feet. | N | R | S | 0 | A |
| 8. I sleep a lot, or have trouble falling asleep. | N | R | S | 0 | A |
| 9. I sulk and don't talk to people. | N | R | S | 0 | A |
| 10. I snap back or get angry with others. | N | R | S | 0 | A |

Total Number O's and A's Circled _____

Cognitive (Thinking) Responses to Stress

- | | | | | | |
|--|---|---|---|---|---|
| 1. I can't concentrate on what I'm doing. | N | R | S | 0 | A |
| 2. I forget things, or I get confused. | N | R | S | 0 | A |
| 3. My thoughts seem to race. | N | R | S | 0 | A |
| 4. This isn't where I want to be in my life. | N | R | S | 0 | A |
| 5. I worry a lot. | N | R | S | 0 | A |
| 6. I have recurring, troublesome thoughts. | N | R | S | 0 | A |
| 7. I can't turn off my thoughts at night and relax. | N | R | S | 0 | A |
| 8. I have trouble sleeping because of things on my mind. | N | R | S | 0 | A |
| 9. Things must be perfect. | N | R | S | 0 | A |
| 10. I must do it myself. | N | R | S | 0 | A |

Total Number O's and A's Circled _____



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Emotional (Feelings) Responses to Stress

- | | | | | | |
|--|---|---|---|---|---|
| 1. I feel depressed, sad, and unhappy. | N | R | S | 0 | A |
| 2. I can't say no without feeling guilty. | N | R | S | 0 | A |
| 3. I feel worthless, disappointed in life and myself. | N | R | S | 0 | A |
| 4. I don't get a sense of accomplishment most days. | N | R | S | 0 | A |
| 5. I feel trapped. | N | R | S | 0 | A |
| 6. I can't seem to share my feelings with my family/friends. | N | R | S | 0 | A |
| 7. Feel exploited, used by others. | N | R | S | 0 | A |
| 8. I'm afraid of things that didn't used to bother me. | N | R | S | 0 | A |
| 9. I feel cynical and disenchanting. | N | R | S | 0 | A |
| 10. I feel agitated, irritated, short-tempered, and impatient. | N | R | S | 0 | A |

Total Number O's and A's Circled _____

Scoring Interpretation

Total the number of circled responses in the columns indicating frequent reactions to stress (0: Often and A: Always). Those reactions will most likely be the first to alert you that you are experiencing excessive stress.

Notice which category (physical, behavioral, cognitive or emotional) has the most O's and A's, For example, if you have more frequent reactions in the physical category, you may want to become aware of those tension spots and learn about relaxation or biofeedback techniques to reduce stress.

By simply becoming aware of your signs of stress, you'll be taking a major step toward better managing your stress level.



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PART II: HOW WELL DO I COPE WITH STRESS?

Ask yourself: "How often do we use this as a means to cope with stress?" Then circle the letter that most appropriately applies to you:

- | | | | | | |
|---|---|---|---|---|---|
| 1. Take tranquilizers, sleeping pills, aspirin or other medications. | N | R | S | O | A |
| 2. Try to relax by deep breathing, taking a short break, or sitting in a quiet place. | N | R | S | O | A |
| 3. Eat compulsively or drink alcohol or caffeine. | N | R | S | O | A |
| 4. Look more lightly at the situation. | N | R | S | O | A |
| 5. Light up a cigarette. | N | R | S | O | A |
| 6. Try to use time well. Prioritize my needs. | N | R | S | O | A |
| 7. Go out and buy something. Spend money inappropriately. | N | R | S | O | A |
| 8. Call up a good friend and share my feelings or concerns. | N | R | S | O | A |
| 9. Click on my television and try to divert my attention. | N | R | S | O | A |
| 10. Take a walk or get some other exercise. | N | R | S | O | A |
| 11. Not bother anyone else and dwell on the problem until I can solve it. | N | R | S | O | A |
| 12. Begin a new project or work on my hobby. | N | R | S | O | A |
| 13. Throw something or snap back at someone. | N | R | S | O | A |
| 14. Seek spiritual counseling or consult with a therapist. | N | R | S | O | A |

Total Number O's and A's Circled _____
(Odd Numbers Only):

Total Number O's and A's Circled _____
(Even Numbers Only):



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Scoring Interpretation

Compare the odd to the even numbered responses. Did you have more O's or A's for the odd or even numbered items? If you tend to use the even numbered techniques more often, you're using more effective coping methods.

The odd-numbered items are generally less effective ways of coping with stress. Overeating, smoking or using medication or alcohol to relax are particularly counterproductive techniques. Diverting your attention by watching TV may be partially effective as a means of managing stress, but you may wish to strive for more effective and productive responses such as talking with a friend, exercising, or using a relaxation technique.

Select one or two of your less effective methods and try to substitute more effective means of managing stress. Experiment for a few weeks with some new methods of managing stress and evaluate how they work for you. Take a personal inventory in a few months and see if your use of stress management techniques has shifted to include some more effective methods.

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