

TEST YOUR STRESS

	Today	30 Days
Is your energy less now than it used to be	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel guilty when relaxing	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a persistent need for achievement	<input type="checkbox"/>	<input type="checkbox"/>
Are you unclear about your goals in life	<input type="checkbox"/>	<input type="checkbox"/>
Are you especially competitive	<input type="checkbox"/>	<input type="checkbox"/>
Do you become angry easily	<input type="checkbox"/>	<input type="checkbox"/>
Do challenging situations trigger anxiety or panic	<input type="checkbox"/>	<input type="checkbox"/>
Do you often try to do two or three tasks simultaneously	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to relax or switch off	<input type="checkbox"/>	<input type="checkbox"/>
Do you avoid exercise because you feel too tired	<input type="checkbox"/>	<input type="checkbox"/>
Do you get impatient if people or situations hold you up	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty getting to sleep, or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>
Do you wake up feeling tired	<input type="checkbox"/>	<input type="checkbox"/>

If you answer yes to five or more, that's a fair indication you're highly stressed. The higher your score, the greater the negative impact of stress on your life. Redo this test in 30 days.

IDENTIFY STRESS-INDUCING BELIEFS

Tick the beliefs that resonate with you. Also think of your own and write them down.

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|---|--|
| <input type="checkbox"/> Life should go smoothly | <input type="checkbox"/> I am stupid |
| <input type="checkbox"/> I must always make an effort | <input type="checkbox"/> My job denotes my status |
| <input type="checkbox"/> I am indispensable | <input type="checkbox"/> My possessions prove I am successful |
| <input type="checkbox"/> I deserve recognition and / or respect | <input type="checkbox"/> I am responsible for other people's happiness |
| <input type="checkbox"/> Life should be exciting | <input type="checkbox"/> I must work late to show I'm committed |
| <input type="checkbox"/> Doing nothing is boring | <input type="checkbox"/> My house must be clean and tidy |
| <input type="checkbox"/> I must find a solution to every problem | <input type="checkbox"/> I must always be there for my friends |
| <input type="checkbox"/> I must not let people down | <input type="checkbox"/> I'm not good enough |
| <input type="checkbox"/> My children are a reflection of my worth | <input type="checkbox"/> I'm always to blame |
| <input type="checkbox"/> I must be in control | <input type="checkbox"/> Things always go wrong |
| <input type="checkbox"/> My family should always get along | <input type="checkbox"/> It's my fault if things go wrong |
| <input type="checkbox"/> I am important | |
