



## Stress Resistance Quiz

This quiz is a quick measure of your ability to manage and resist stress based on your lifestyle.

- ▶ Give yourself **0 points** if the statement is **never true** for you.
- ▶ Give yourself **1 point** if it is **usually not true**.
- ▶ Give yourself **2 points** if it is **sometimes true**.
- ▶ Give yourself **3 points** if it is **always true**.

Stress Resistance Quiz		Points
1.	When I work hard, it makes a difference.	
2.	It's easy for me to get out of bed in the morning.	
3.	I have the freedom I need to do what I want.	
4.	It's okay to make a sacrifice if it's related to an exciting opportunity.	
5.	I'm flexible about sticking to my routine.	
6.	I vote because I believe it makes a difference.	
7.	I believe we create our own opportunities.	
8.	I agree with the goals of my employer.	
9.	I've been "lucky in love" because I try to be a loving person.	
10.	I believe that I get what I give. But I don't "keep score."	
11.	It's important for me to try new things.	
12.	I really enjoy my personal time.	
13.	I work hard, and I'm compensated fairly.	
14.	My family is a great source of pleasure for me.	
15.	I stand up for what I believe in.	
Total Score		

Are you a risk taker?

How well do you manage your stress?

How committed are you to your work and to your lifestyle?

- **35 or above:** Congratulations! Your attitude toward life is positively helping your resistance to stress.
- **27 to 34:** Your resistance to stress is high, but could be improved; look at each item, and choose a few to work on.
- **18 to 26:** Examine your habits to improve your resistance to stress. Go through the statements above, and pick one to improve each month.
- **Under 18:** If your stress level increases, you could be in trouble; take action now to change your habits. You may want to ask a professional counselor for ways to improve your resistance to stress.

Add up your points for questions 1, 6, 7, 9 and 13. **This is your stress management score.** The higher it is, the more control you feel you have over your own life, and the better you are able to manage your stresses.

Add up your points for questions 2, 3, 8, 10 and 14. **This is your commitment score.** The higher it is, the more you enjoy your life and are committed to it.

Add up your points for questions 4, 5, 11, 12 and 15. **This is your risk score.** The higher it is, the more willing you are to take risks.

Add all three scores together. This is your **stress resistance score.**



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