

## Assessing Your Stress Symptoms\*

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Check each item that describes a symptom you have experienced to any significant degree during the last month. Then, count the number of items checked.

### PHYSICAL SYMPTOMS

- Headaches (migraine or tension)
- Backaches
- Tight muscles
- Neck and shoulder pain
- Jaw tension
- Muscle cramps, spasms
- Nervous stomach
- Other pain
- Nausea
- Insomnia (sleeping poorly)
- Fatigue, lack of energy
- Cold hands and/or feet
- Tightness or pressure in the head
- High blood pressure
- Diarrhea
- Skin condition (e.g., rash)
- Allergies
- Teeth grinding
- Digestive upsets (cramps, bloating)
- Heart beats rapidly or pounds, even at rest
- Stomach pain or ulcer
- Constipation
- Hypoglycemia
- Appetite change
- Colds
- Profuse perspiration
- Overeating
- Weight change
- Increased use of alcohol, cigarettes, or other drugs

### PSYCHOLOGICAL SYMPTOMS

- Anxiety
- Depression
- Confusion or "spaciness"
- Fearfulness
- Compulsive behavior
- Forgetfulness
- Feeling "overwhelmed" or "overloaded"
- Hyperactivity--feeling you can't slow down
- Mood swings
- Loneliness
- Problems with relationships
- Dissatisfied/unhappy with work
- Difficulty concentrating
- Frequent irritability
- Sexual problems
- Restlessness
- Frequent boredom
- Frequent worrying or obsessing
- Frequent feelings of guilt
- Temper flare-up
- Crying spells
- Nightmares
- Apathy

*Your score may indicate problems with stress overload. Of course, these symptoms may have other causes that should be evaluated professionally.*

#### Number of Items Checked

0 - 7

8 - 14

15 - 21

22 +

#### Stress Level

Low

Moderate

High

Very High

\*Adapted From: Bourne, E.J. (1995). *The Anxiety and Phobia Workbook*. Oakland, CA: New Harbinger Publications, p. 235.

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