*Stress Management Training S2.c*

*Session Two*

***Coping with Stress Questionnaire***

Name...................................................................................................................................................

Circle TRUE or FALSE the following statements:

1. Stress is always bad for your health. TRUE FALSE

2. Too little stress can be as bad as too much. TRUE FALSE

3. We all need some stress. TRUE FALSE

4. Some people can cope with more stress. TRUE FALSE

5. We can train ourselves to cope with more stress. TRUE FALSE

6. I never seem to have enough time. TRUE FALSE

7. I rarely get things done on time. TRUE FALSE

8. I can always find time for myself. TRUE FALSE

9. I keep lists of things I need to do. TRUE FALSE

10. I enjoy receiving compliments. TRUE FALSE

11. I have difficulty asking for help. TRUE FALSE

12. I can start conversations with strangers. TRUE FALSE

13. I find saying 'thank you' easy. TRUE FALSE

14. I have difficulty telling people I like them. TRUE FALSE

15. I can give compliments without embarrassment. TRUE FALSE

16. I never show it when I feel hurt. TRUE FALSE

17. When I'm angry I say so. TRUE FALSE

18. I can't say no. TRUE FALSE

19. I'm always prepared to give an opinion. TRUE FALSE

20. I'm not good at making complaints. TRUE FALSE

21. I know what is important to me. TRUE FALSE

22. My plans often do not work out. TRUE FALSE

23. I get good ideas that go nowhere. TRUE FALSE

24. I feel its up to me to make things happen. TRUE FALSE

25. I have difficulty in making up my mind. TRUE FALSE

26. I am good at thinking of alternative solutions. TRUE FALSE

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27. I weigh advantages/disadvantages of choices. TRUE FALSE

28. I take responsibility for outcomes of my choices. TRUE FALSE

29. Sometimes its better to delay making decisions. TRUE FALSE

30. I must be liked by everyone. TRUE FALSE

31. I must be perfect in all that I do. TRUE FALSE

32. When things go wrong I get angry or depressed. TRUE FALSE

33. I have little control over what happens to me. TRUE FALSE

34. Its easier to avoid difficulties than to face them. TRUE FALSE

35. I can't change how I am. TRUE FALSE

36. People are fragile and we should not hurt them. TRUE FALSE

37. Anger is always bad and destructive. TRUE FALSE

38. We should always try to please others first. TRUE FALSE

39. We can only be happy with other people. TRUE FALSE

Circle YES or NO to the following statements:

40. I always use the stairs instead of a lift. YES NO

41. I'm on my feet for 2-3 hours each day. YES NO

42. I lift something heavy at least once a day. YES NO

43. I ride a bike regularly. YES NO

44. I run at least one mile a week. YES NO

45. I run at least one mile three times a week. YES NO

46. I play a strenuous sport at least once a week. YES NO

47. I do regular exercises. YES NO

48. I do something strenuous each day. YES NO

49. I do not smoke. YES NO

50. I hardly ever drink or don't drink at all. YES NO

51. I get seven or eight hours sleep a night. YES NO

52. I eat regular meals and no snacks. YES NO

53. I eat a regular healthy breakfast. YES NO

54. I get regular exercise. YES NO

55. My body weight is right for my size. YES NO

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List ten things you can do which you enjoy and will help take your

mind off your problems:

1.

2.

3.

4.

5.

6.

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10.