

Stress Test

The following test is the PCS version of one originally proposed by Jo An Dietrich Lewis.

Score 0 - if the statement is definitely not true of you.

Score 1 - if it's usually not true.

Score 2 - if it is somewhat true.

Score 3 - if it is definitely true.

1. If I work hard, I can change my life. _____
2. When I get out of bed in the morning, I look forward to the promise of a new day. _____
3. I have the freedom and leisure time I want and need. _____
4. I am willing to sacrifice for a long-term goal or for an exciting opportunity. _____
5. Adhering to my routine is not critical to me. _____
6. I vote because I think I can make a difference, and/or I have a belief in a higher power,
- i.e., something bigger than me. _____
7. You make your own lucky breaks. _____
8. I agree with the goals of my boss and my company. _____
9. I try to be positive and cheerful in my relationships. _____
10. I believe I get what I give, and I don't keep a balance sheet. _____
11. It's important for me to keep trying and never give up. _____
12. Leisure time is a gift I really enjoy. _____
13. I work hard, I enjoy it, and I'm paid fairly. _____
14. My family and friends are a great pleasure to me. _____
15. I speak up for what I believe in, even if it puts me at risk. _____

Total Score _____

Numbers 1, 6, 7, 9 and 13 measure your attitude, discipline, and your identification with or ability to believe in something bigger than yourself. Add your scores. The higher the score, the more able you are to manage stress.

Numbers 2, 3, 8, 10 and 14 measure attitude, contentment, values, integrity, and the availability of your support system. Add your scores. The higher this score, the more committed you are and the more you enjoy your life.

Numbers 4, 5, 11, 12 and 15 measure discipline, flexibility, attitude, integrity, values, and frustration tolerance. A high score means you're more willing to take risks.

You've probably noticed that nearly all of the fifteen items measure attitude and discipline, which in turn are a measure of someone's maturity level. This suggests something rather strongly, don't you think?

If all three of these scores add up to 35 or more, you are very resistant to stress; 27-34, you're somewhat resistant, but can stand improvement; 18-26, you need to change; under 18, not only are you scoring poorly on this test, you're probably not scoring well in life. Call for an appointment!