

# *Personal STRESS Inventory*

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Quick Way to Determine Your Life Stress

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This Personal Stress Inventory is designed to help you identify – and reduce -- your current level of stress. This Inventory goes hand-in-hand with our Stress Reduction Resources software (Inside, you will find the link to get your copy!) – created to assist you to have practical, step-by-step ideas to rid your life of stress ... starting right now, this very minute! It is YOUR Life! You can have it be the way you want it to be! To get it that way, you need to know how to start and you need to get started. Use this Inventory to assess where you are at the moment ... and, then, use it to keep track of how far you have come ... on the Road to Stress-FREE Success!

## PERSONAL STRESS INVENTORY

By Marlene Shiple, Ph.D., The Life Coach Dr.

Please use the following: 0 = Never 2 = Sometimes 3 = Frequently

- 1. My life is one crisis after another.
- 2. My personal needs conflict with my work and/or family.
- 3. Those around me make too many demands on me.
- 4. There is a great deal of time pressure in my life.
- 5. I regularly take aspirin, anti-acids, sleeping pills or tranquilizers
- 6. I have a lot of worries at home and/or at work.
- 7. I get little exercise or regular physical activity.
- 8. I have financial stress much of the time.
- 9. I have headaches.
- 10. I feel anxious, or have jittery or nervous feelings.
- 11. I have difficulty making decisions.
- 12. I experience trouble sleeping.
- 13. I have upset stomach, diarrhea, or constipation.
- 14. I experience crying (or feeling like I want to cry).
- 15. I have tight, tense muscles (e.g., tight jaw, grind teeth).
- 16. I take my upset feelings out on other people.
- 17. I suffer from frequent colds, infections, or viruses.
- 18. I feel defensive and/or irritable.
- 19. I experience difficulty breathing.
- 20. I have trouble concentrating and/or remembering.
- 21. I experience pounding heart and/or quickened breathing.
- 22. I feel fatigued, tired, drained of energy.
- 23. I avoid social situations.
- 24. I have increased my use of cigarettes, alcohol, or other drugs
- 25. I feel overwhelmed at all I have to do.

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## Scoring Key:

<u>Overall Score</u>	<u>My Stress Level</u>
9 or under	Good - Congratulations! Your stress level is low
10 - 15	Average - Lowering your stress level would be beneficial
16 - 24	High - Start <b>NOW</b> to make serious changes in your life to reduce the effects of stress
25 or above	Dangerous - You need to <b>ACT NOW</b> to reduce stress!

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-- A Special Note to you ... especially if you scored 16 points or more --

Greetings --

If you find yourself in the High Level or in the Dangerous Level of Stress ... it is time for you to take serious stress-reduction measures! This is essential to your Health and your ability to continue to flourish healthfully.

In the 1950s, Dr. Hans Selye published the results of his research on the results of stress. Simply put, Dr. Selye discovered – without a shadow of a doubt – that Stress KILLS!

In his 3-stage Stress model – termed the General Adaptation Response – Dr. Selye described the body's response to on-going stressors. These stressors could be environmental and physical; they can also be emotional and mental.

Under sustained stress – stress that is not reduced or effectively dealt with – the life force of the body becomes so reduced, so diminished that – ultimately – it can no longer sustain life. When the human body can no longer sustain life, the human organism perishes.

Dr. Selye also described the fact that such an outcome does NOT have to be allowed. By using effective stress-reduction techniques consistently, you relieve the stressors and help out your body. By looking at ways to eliminate the sources of stress, you further provide assistance to your body.

Since there is a solution – one drastically different than sitting back and allowing your body to die – it only makes sense to **use** that solution ... consistently and reliably and beneficially!

In addition, it only makes sense to start applying that solution ... and do so right NOW!

Regards,

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