

# STRESS SOLUTIONS QUESTIONNAIRE

Your e-mail: \_\_\_\_\_ Date completed: \_\_\_\_\_

Examine the following statements and circle the number, from 1 to 7, that best describes how strongly you disagree or agree with that statement. Please do not skip any of the items. Although some of the statements appear to be similar, your answer to each is important.

	<b>Strongly Disagree</b>							<b>Strongly Agree</b>
	1	2	3	4	5	6	7	
1. I am the kind of person who takes action rather than just thinks or complains about a situation.	1	2	3	4	5	6	7	
2. I tend to worry about whether things will go wrong.	1	2	3	4	5	6	7	
3. I try to avoid destructive, shortcut methods of relieving stress, such as drug or alcohol use or hostile behavior towards others.	1	2	3	4	5	6	7	
4. I look at challenges not as something to fear, but as an opportunity to test myself and learn.	1	2	3	4	5	6	7	
5. When considering a course of action that would be a good idea, I often begin to treat it as something I have to do.	1	2	3	4	5	6	7	
6. Even when I'm facing painful events, I try to consider the stressful situation in a broader context and keep a long-term perspective.	1	2	3	4	5	6	7	
7. When on a project with others, I seem more likely than they to view the project as something that needs to be done.	1	2	3	4	5	6	7	
8. I tend to dwell more on pleasant than unpleasant incidents from the past.	1	2	3	4	5	6	7	
9. I often focus on the potential for failure when thinking about the future.	1	2	3	4	5	6	7	
10. I accept that change is part of living, and I stay flexible in my plans.	1	2	3	4	5	6	7	
11. When something goes wrong, my first reaction is often to exaggerate how bad it is and to see it as a disaster.	1	2	3	4	5	6	7	
12. I don't let little things bother me.	1	2	3	4	5	6	7	
13. When things are going badly, I begin to think something is wrong with me.	1	2	3	4	5	6	7	
14. When faced with up coming unpleasant events, I usually carefully think through how I will deal with them.	1	2	3	4	5	6	7	
15. I often seem to create demands and requirements for myself.	1	2	3	4	5	6	7	
16. I don't take things personally.	1	2	3	4	5	6	7	
17. I often interpret guidelines as though they are imperatives.	1	2	3	4	5	6	7	
18. When I accomplish something, I tend to see my talents as an important reason for it.	1	2	3	4	5	6	7	
19. When something I do is successful, I see it as evidence of my capabilities.	1	2	3	4	5	6	7	
20. When people give me feedback that is both positive and negative, I tend to overlook the positive and experience it as negative.	1	2	3	4	5	6	7	
21. I don't feel that I have to perform exceptionally well in order to consider myself a worthwhile person.	1	2	3	4	5	6	7	
22. I often find myself turning other people's requests of me into mandates or obligations.	1	2	3	4	5	6	7	
23. I have no trouble seeing the role of my abilities in the progress I make.	1	2	3	4	5	6	7	
24. When I am faced with a difficult task, I think encouraging thoughts that help me do my best.	1	2	3	4	5	6	7	
25. When things are going well, it is easy for me to recognize how my own skills have contributed to it.	1	2	3	4	5	6	7	
26. I don't worry about things I can do nothing about.	1	2	3	4	5	6	7	
27. Setbacks often cause me to feel incompetent.	1	2	3	4	5	6	7	
28. I have a strong sense of purpose in life.	1	2	3	4	5	6	7	
29. I generally give myself credit for my successes.	1	2	3	4	5	6	7	
30. I always try to find a way to work around obstacles; nothing really stops me.	1	2	3	4	5	6	7	
31. I tend to be the kind of person who keeps emphasizing to myself how necessary it is to complete my tasks.	1	2	3	4	5	6	7	
32. I let myself feel competent when things are getting done.	1	2	3	4	5	6	7	
33. I make personal goals and take concrete, decisive steps to achieve them.	1	2	3	4	5	6	7	