

Personal Assessment Exercise

Scoring:

- 1: ALMOST NEVER
- 2: SELDOM
- 3: OFTEN
- 4: ALMOST ALWAYS

Using the scoring above, answer each question and place the number of your response in the space to the left.

- 1) _____: I tend to lose my temper or get irritable when I am under a lot of pressure.
- 2) _____: I tend to race against the clock.
- 3) _____: I find myself rushing when there is no real need to do so.
- 4) _____: Whenever something goes wrong, I tend to blame myself.
- 5) _____: People tell me that I tend to get irritated too easily.
- 6) _____: I will relive a crisis over and over again in my mind, even though it may be over and resolved.
- 7) _____: I tend to make mountains out of mole hills.
- 8) _____: I find myself feeling sad or depressed.
- 9) _____: I have trouble falling asleep at night.
- 10) _____: I feel overwhelmed by my job.
- 11) _____: I get 6-8 hours of sleep every night.
- 12) _____: I engage in relaxing hobbies/past times.
- 13) _____: I do physical exercise at least 30 minutes, 3-5 times/week.
- 14) _____: I drink caffeinated beverages.
- 15) _____: I eat a nutritionally balanced diet.
- 16) _____: I eat a well balanced breakfast most mornings.
- 17) _____: I am pleased with my body weight.
- 18) _____: I use tobacco products.
- 19) _____: I consume more than 3 beverages containing alcohol daily.
- 20) _____: I try to maintain a healthy lifestyle.

After reviewing my inventory responses, my healthy habits are:

- a. What do you think about your behaviors?
- b. What behaviors would you like to increase/decrease?
- c. What do you need to do to change the behavior?

I would like to improve my health by:

Adapted by: Girdano, D.A., Everly, G.S., Dusek, D.E. (1996). Controlling Stress and Tension (5th ed. pp.131) Needham Heights, Mass: Allyn & Bacon.