

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_

**WELLNESS WORKSHEET 12****Daily Hassles and Stress**

For each of the following experiences, indicate to what degree it has been a part of your life *over the past month* by writing in the appropriate number.

- 1 = not at all part of my life
- 2 = only slightly part of my life
- 3 = distinctly part of my life
- 4 = very much part of my life

- \_\_\_\_ 1. Disliking your daily activities
- \_\_\_\_ 2. Lack of privacy
- \_\_\_\_ 3. Disliking your work
- \_\_\_\_ 4. Ethnic or racial conflict
- \_\_\_\_ 5. Conflicts with in-laws or boyfriend's/girlfriend's family
- \_\_\_\_ 6. Being let down or disappointed by friends
- \_\_\_\_ 7. Conflict with supervisor(s) at work
- \_\_\_\_ 8. Social rejection
- \_\_\_\_ 9. Too many things to do at once
- \_\_\_\_ 10. Being taken for granted
- \_\_\_\_ 11. Financial conflicts with family members
- \_\_\_\_ 12. Having your trust betrayed by a friend
- \_\_\_\_ 13. Separation from people you care about
- \_\_\_\_ 14. Having your contributions overlooked
- \_\_\_\_ 15. Struggling to meet your own standards of performance and accomplishment
- \_\_\_\_ 16. Being taken advantage of
- \_\_\_\_ 17. Not enough leisure time
- \_\_\_\_ 18. Financial conflicts with friends or fellow workers
- \_\_\_\_ 19. Struggling to meet other people's standards of performance and accomplishment
- \_\_\_\_ 20. Having your actions misunderstood by others
- \_\_\_\_ 21. Cash-flow difficulties
- \_\_\_\_ 22. A lot of responsibilities
- \_\_\_\_ 23. Dissatisfaction with work
- \_\_\_\_ 24. Decisions about intimate relationship(s)
- \_\_\_\_ 25. Not enough time to meet your obligations
- \_\_\_\_ 26. Dissatisfaction with your mathematical ability

*(over)*

## WELLNESS WORKSHEET 12 — continued

- \_\_\_ 27. Financial burdens
- \_\_\_ 28. Lower evaluation of your work than you think you deserve
- \_\_\_ 29. Experiencing high levels of noise
- \_\_\_ 30. Adjustments to living with unrelated person(s) (e.g., roommate)
- \_\_\_ 31. Lower evaluation of your work than you hoped for
- \_\_\_ 32. Conflicts with family member(s)
- \_\_\_ 33. Finding your work too demanding
- \_\_\_ 34. Conflicts with friend(s)
- \_\_\_ 35. Hard effort to get ahead
- \_\_\_ 36. Trying to secure loan(s)
- \_\_\_ 37. Getting “ripped off” or cheated in the purchase of goods
- \_\_\_ 38. Dissatisfaction with your ability at written expression
- \_\_\_ 39. Unwanted interruptions of your work
- \_\_\_ 40. Social isolation
- \_\_\_ 41. Being ignored
- \_\_\_ 42. Dissatisfaction with your physical appearance
- \_\_\_ 43. Unsatisfactory housing conditions
- \_\_\_ 44. Finding work uninteresting
- \_\_\_ 45. Failing to get money you expected
- \_\_\_ 46. Gossip about someone you care about
- \_\_\_ 47. Dissatisfaction with your physical fitness
- \_\_\_ 48. Gossip about yourself
- \_\_\_ 49. Difficulty dealing with modern technology (e.g., computers)
- \_\_\_ 50. Car problems
- \_\_\_ 51. Hard work to look after and maintain home

**Scoring**

Add up your responses and find your total below.

≥ 136	Very high stress
116–135	High stress
76–115	Average stress
56–75	Low stress
51–55	Very low stress

QUIZ SOURCE: Used with permission of Plenum Publishers, from Kohn, P. M., and J. E. Macdonald. 1992. The survey of recent life experiences: A decontaminated hassles scale for adults. *Journal of Behavioral Medicine* 15:221–236.