

## Self-Assessment

How Stressful Is Your Job?

### Chapter Resource

Please refer to section [Section 7.1 Emotions and Intelligence](#) of *Conflict Management*.

### Instructions

This instrument focuses on the stress level of your current (or previous) job. Think of your job, and answer the following items as frankly and honestly as possible.

	Strongly Disagree			Strongly Agree	
	1	2	3	4	5
1. I am often irritable with my coworkers.	1	2	3	4	5
2. At work, I constantly feel rushed or behind schedule.	1	2	3	4	5
3. I often dread going to work.	1	2	3	4	5
4. I often experience headaches, stomachaches, or backaches at work.	1	2	3	4	5
5. I often lose my temper over minor problems.	1	2	3	4	5
6. Everything I do seems to drain my energy level.	1	2	3	4	5
7. I often interpret questions or comments from others as a criticism of my work.	1	2	3	4	5
8. Time is my enemy.	1	2	3	4	5
9. I often have time for only a quick lunch (or no lunch) at work.	1	2	3	4	5
10. I spend considerable time at home worrying about problems at work.	1	2	3	4	5

### Scoring

To score this instrument, first add up your score:

- **If you scored 1–18 points**, you see yourself as having a normal amount of stress.



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## CONFLICT MANAGEMENT

- **If you scored 19–38 points**, you feel that stress is becoming a problem.
- **If you scored 39–50 points**, you feel that stress is a serious problem.

Where did you score on this instrument? Does this seem like an accurate description of the real situation? On the job you described, what could you do to reduce stress levels?

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