

### Scale 5: Personal Pressures

Think about... the past **month**. For each of the pressures listed below, indicate how much each has been a source of stress to you.

|                                            | Great | Moderate | Little | None |
|--------------------------------------------|-------|----------|--------|------|
| Not enough money .....                     | 3     | 2        | 1      | 0    |
| Heavy debts .....                          | 3     | 2        | 1      | 0    |
| Conflicts with mate .....                  | 3     | 2        | 1      | 0    |
| Conflict over household tasks .....        | 3     | 2        | 1      | 0    |
| Problems with children/housemate .....     | 3     | 2        | 1      | 0    |
| Pressures from in-laws, family .....       | 3     | 2        | 1      | 0    |
| Not enough time with family/friends .....  | 3     | 2        | 1      | 0    |
| Work/family conflict .....                 | 3     | 2        | 1      | 0    |
| Sexual conflict or frustration.....        | 3     | 2        | 1      | 0    |
| Dangerous or stressful neighbourhood ..... | 3     | 2        | 1      | 0    |
| Few friends in neighbourhood.....          | 3     | 2        | 1      | 0    |
| Time pressures with mate .....             | 3     | 2        | 1      | 0    |
| Total                                      |       |          |        |      |
| GRAND TOTAL                                |       |          |        |      |

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Scoring interpretation:

0-4 = Optimal functioning

5-9 = Balance

10-15 = Strain

16+ = Burnout

This scale is one of 21 factors contributing to a stress presentation. If your score is within the 'strain' or 'burnout' category, you may be headed for stress. Come in and take the whole test. Learn ways for get your stress under control.