

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.