

## How Much Job Stress do you Have?

As you read each question, you will decide if you strongly disagree, agree somewhat, or strongly agree, by using a scale from 1 to 10, as shown below.

Strongly Disagree				Agree Somewhat				Strongly Agree	
1	2	3	4	5	6	7	8	9	10

- 1) I can't honestly say what I really think or get things off my chest at work. \_\_\_\_\_
- 2) My job has a lot of responsibility, but I don't have very much authority. \_\_\_\_\_
- 3) I could usually do a much better job if I were given more time. \_\_\_\_\_
- 4) I seldom receive adequate acknowledgment or appreciation when my work is really good. \_\_\_\_\_
- 5) In general, I am not particularly proud or satisfied with my job. \_\_\_\_\_
- 6) I have the impression that I am repeatedly picked on or discriminated against at work. \_\_\_\_\_
- 7) My workplace environment is not very pleasant or particularly safe. \_\_\_\_\_
- 8) My job often interferes with my family and social obligations or personal needs. \_\_\_\_\_
- 9) I tend to have frequent arguments with superiors, coworkers or customers. \_\_\_\_\_
- 10) Most of the time I feel that I have very little control over my life at work. \_\_\_\_\_

Total: \_\_\_\_\_

When you are finished and have a number identified for each statement, you can add up these numbers to get the total.

You can compare your totaled score with this chart to learn :

Your Score	Profile Results
10 to 30	"you handle stress on your job well"
40 to 60	"you are doing moderately well"
70 to 100	"you're stress needs to be addressed and resolved"

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Any Questions? Please visit Steve Durkac at [www.durkac.com](http://www.durkac.com)!