

*Worksheet***ASSESS YOUR STRESS****This is all about:**

Helping you identify your stress level.

**What you will do:**

Read each event below. If that situation occurred in your life in the last twelve months, circle the number. When you have completed the list, add up the circled numbers.

Event	Points
Death of a parent or guardian	10
Caught using drugs	9
Going to detention at youth center/reform school/jail	9
Getting beaten up by parents	9
Getting pregnant/becoming a father	9
Death of a close family member	9
Having a major illness/injury/car accident	8
Not getting promoted to the next grade	8
Getting attacked/raped/beaten	8
Parents getting a divorce/separation	8
Death of a boy friend/girl friend/close friend	8
Death of a pet	8
Getting a venereal disease (VD)	8
Starting to use drugs or alcohol	8
Fighting with parents	7
Caught cheating or lying repeatedly	7

(continued)

Worksheet
ASSESS YOUR STRESS (continued)

Event	Points
Getting expelled/suspended	7
Going into debt	7
Being stereotyped or discriminated against by having bad rumors spread about you	7
Moving to a different town/school/having to make new friends	7
Getting married	7
Pressure to take drugs or alcohol	7
Falling in love	7
Graduation	6
Getting pressure about having sex	6
Becoming religious or giving up religion	6
Suddenly having trouble getting a date	6
Developing problems with teachers or employers	6
Making career decisions (college/vocational)	6
Getting a traffic ticket or other minor problems with the law	6
Breaking up with boy friend/girl friend	6
Starting to perform (speeches/musical/drama)	6
Getting fired from a job	6
Taking finals or college entrance tests	6
Taking a driver's license test	6
Moving out of the house	6



(continued)

Worksheet
ASSESS YOUR STRESS (continued)

Event	Points
Getting a bad haircut	6
Getting a bad report card	6
Being referred to the principal's office	5
Getting acne/warts	5
Starting to date	5
Arguing with peers/brothers/sisters	5
Trying to get a job or job interview	5
Getting an addition to the family	5
Getting braces	5
Losing or gaining weight	5
Getting glasses	5
Starting school	4
Starting to go to weekend parties or concerts	4
Being pressured to follow fads	4
Getting a car	4
Getting an award, honor, or office	4
Making a team (drill, athletic, debate, etc.)	4
Going to the dentist or doctor	4
Going on a diet	4
Getting a minor illness (cold, flu, etc.)	3
Changing exercise habits	2

