

Universal Health Institute

Are you a doer, a hider? Are you beating yourself up? Are you a 'label'? Stress Strategies Screening Questionnaire

This questionnaire is used to identify the strategies you use to handle stressful challenges in your life. Why? If you are like most patients who come to UHI, you want to get better as quickly and as thoroughly as possible - and you are interested in doing it without a lot of drugs or surgery. Recognizing how you deal with stress is a fascinating process that helps you heal because once you know the strategies you use, you are in control of them, rather than vice versa. It's empowering.

Strategies for handling stress change over time, and though you use strategies habitually, you are probably blind to many of them. Once a strategy is put in front of you, you can choose whether it is really working for you, or whether it is working against you. If a strategy is working against you, it not only increases your stress, it complicates and interferes with the healing process.

Follow these instructions to complete the survey:

You might use the statements below to describe yourself or your situation. Read each one and determine if it describes you or fits your experience, and to what degree, during the past year. **Score the accuracy of the sentence is (using the Answers Table below)**. Score the sentence based on your emotional experience, *not using judgment*. Just refer to your emotional experience!

Some of the sentences refer to relationships. Relationships may include close friends, your parents or a romantic relationship. Look at each statement and score it based on the first person who comes to mind.

- If you are not currently in a romantic relationship, you can score the statement based on your most recent significant relationship.
- If your parent is no longer living, you can score the sentence based on your experience of the relationship when she or he was alive.
- If you are currently distant from your close friends, you may score the sentence based on your relationship with them, even though they are far away geographically.

Answers Table

1 = Completely untrue of me	4 = Moderately true of me
2 = Mostly untrue of me	5 = Mostly true of me
3 = Slightly more true than untrue	6 = Describes me perfectly

Using the Table, above, fill in the blank with the score that most properly reflects how accurately the statement describes you:

1. _____ I really missed having someone relate to me with warmth and affection, or who really understands me.

Answers Table

1 = Completely untrue of me	4 = Moderately true of me
2 = Mostly untrue of me	5 = Mostly true of me
3 = Slightly more true than untrue	6 = Describes me perfectly

2. _____ I feel like I really need people to be close to me, but I fear I will lose them, so I often cling to them.
3. _____ Its hard for me to feel like I can let my guard down with people. My sense is people often betray others.
4. _____ I often feel as though I'm really different from other people and don't really fit in.
5. _____ If someone really knew the inner me (or truth about me), they wouldn't like me .
6. _____ Other people are much better at handling most tasks in life than I am.
7. _____ I need help from others to manage most things in life.
8. _____ I am worried that some type of problem: financial, medical – even becoming a victim of crime - will happen to me.
9. _____ I often feel as though my life is so involved with others, I don't have a life of my own.
10. _____ If I don't do what others want of me, there will be negative results.
11. _____ Most of the time my life is focused on other people and their needs.
12. _____ I feel as though I must control my feelings; most people don't know how I feel about things.
13. _____ I really feel I have to be the best; its hard for me to make mistakes or just be "good enough"
14. _____ I feel that most rules are meant for others, I hate to be kept from doing what I want.
15. _____ If a goal isn't interesting or a task enjoyable, I lose interest easily or just don't do it.
16. _____ I feel most worthwhile when others notice my accomplishments.
17. _____ If something positive occurs, its only natural to think that something negative will happen soon.
18. _____ If something goes wrong and its my fault, I should suffer the consequences.

Name: _____