



Social Readjustment Rating Scale

Self-Assessment Exercise 1

Below are listed events which occur in the process of living. Place a check in the left-hand column for each of those events that have happened to you during the *last 12 months*.

Life Event	Point Values
<input type="checkbox"/> Death of Spouse	100
<input type="checkbox"/> Divorce	73
<input type="checkbox"/> Marital separation	65
<input type="checkbox"/> Jail term	63
<input type="checkbox"/> Death of close family member	63
<input type="checkbox"/> Personal injury or illness	53
<input type="checkbox"/> Marriage	50
<input type="checkbox"/> Fired from work	47
<input type="checkbox"/> Marital reconciliation	45
<input type="checkbox"/> Retirement	45
<input type="checkbox"/> Change in family member's health	44
<input type="checkbox"/> Pregnancy	40
<input type="checkbox"/> Sex difficulties	39
<input type="checkbox"/> Addition to family	39
<input type="checkbox"/> Business readjustment	39
<input type="checkbox"/> Change in financial status	38
<input type="checkbox"/> Death of close friend	37
<input type="checkbox"/> Change to different line of work	36
<input type="checkbox"/> Change in number of marital arguments	35
<input type="checkbox"/> Mortgage or loan over \$10,000	31
<input type="checkbox"/> Foreclosure of mortgage or loan	30
<input type="checkbox"/> Change in work responsibilities	29
<input type="checkbox"/> Son or daughter leaving home	29
<input type="checkbox"/> Trouble with in-laws	29



___ Outstanding personal achievement	28
___ Spouse begins or stops work	26
___ Starting or finishing school	26
___ Change in living conditions	25
___ Revision of personal habits	24
___ Trouble with boss	23
___ Change in work hours, conditions	20
___ Change in residence	20



Frustration

Self-Assessment Exercise 2

Choose the most appropriate answer for each of the 10 statements.

- ____ 1. When I can't do something "my way", I simply adjust to do it the easiest way.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 2. I get "upset" when someone in front of me drives slowly.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 3. It bothers me when my plans are dependent upon the actions of others.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 4. Whenever possible, I tend to avoid large crowds.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 5. I am uncomfortable having to stand in long lines.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 6. Arguments upset me.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 7. When my plans don't "flow smoothly" I become anxious.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true



- ____ 8. I require a lot of room (space) to live and work in.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 9. When I am busy at some task, I hate to be disturbed.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 10. I believe that "all good things are worth waiting for".
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true

Scoring: 1 and 10: a=1, b=2, c=3, d=4 Score: _____
2 thru 9: a=4, b=3, c=2, d=1



SELF-ASSESSMENT EXERCISE 2

Total Points

Statements one and ten show your flexibility and patience. Items two through nine indicate frequent perceptions or feelings of frustration. The highest score possible is forty and the lowest score is ten. The higher your score the greater your perception of frustration and the more stressful frustration would appear to be for you. General guidelines are 20-25+

Moderate frustration/moderate stress; 10-19 = Low frustration/low stress.



Overload

Self-Assessment Exercise 3

How often do you...

- _____ 1. Find yourself with insufficient time to complete your work?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 2. Find yourself confused and unable to think clearly because too many things are happening at once?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 3. Wish you had help to get everything done?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 4. Feel that people around you simply expect too much from you?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 5. Feel overwhelmed by the demands placed upon you?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 6. Find your work infringing upon your leisure hours?
(a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 7. Get depressed when you consider all of the tasks that need your attention?
(a) Almost always (b) Very often
(c) Seldom (d) Never



- _____ 8. See no end to the excessive demands placed upon you?
- (a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 9. Have to skip a meal so that you can get work completed?
- (a) Almost always (b) Very often
(c) Seldom (d) Never
- _____ 10. Feel that you have too much responsibility?
- (a) Almost always (b) Very often
(c) Seldom (d) Never

Scoring: a=4, b=3, c=2, d=1

Score: _____



SELF-ASSESSMENT EXERCISE 3

TOTAL POINTS

Roughly 26 to 40 points indicates a high stress level such an excessive level could be psychologically and physiologically debilitating if steps are not taken to reduce this level.

A total of 20 – 25 points is indicative of moderate stress.

A total of 10 – 19 points indicates low stress due to overload.

Items 1, 2, 6 and 9 pertained to time demands placed upon you.

Items 4, 5, 7 and 8 concerned expectations from superiors, family, and self.

Items 3 and 10 looked at how much support you have in facing your stress.



Deprivational Stress

Self-Assessment Exercise 4

Indicate the most appropriate response to the following 10 statements in the space provided.

- ____ 1. I have trouble paying attention during lectures that last over 20 minutes.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 2. When I know I will have to wait for someone, I usually bring something to keep me busy.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 3. I dislike repetitive task; I would rather work on something different every time.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 4. I get anxious when I don't have anything to keep me busy.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 5. I relax best by keeping busy.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 6. Moving away from family and friends is very undesirable for me.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true



- ____ 7. I find it difficult to throw away old clothes, furniture, and other mementos.
- (a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 8. I get homesick when I'm in a new place for even a short time.
- (a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 9. I hate to be alone.
- (a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 10. I make a point of belonging to some social group.
- (a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true

Scoring: a=4, b=3, c=2, d=1

Score:



SELF-ASSESSMENT EXERCISE 4

TOTAL POINTS

If your score is 26 to 40, you are vulnerable to deprivational stress; you seem to need stimulation to avoid distress.

If your score is 20 to 25, you are average.

If your score is 10 to 19, you have tolerance for low stimulation.

Items 1 – 5 deal with boredom and items 6 – 10 deal with loneliness.



Nutrition

Self-Assessment Exercise 5

Choose the most appropriate answer for each of the statements below and place the letter of your response in the space to the left.

- _____ 1. I usually eat pastries or other foods high in quick energy as my only lunch:
(a) 2 times/week or less (b) 3-4
(c) 5-6 (d) Every day
- _____ 2. I drink _____ cola beverages (12 oz. portion) per day.
(a) 2 or less (b) 3-4
(c) 5-6 (d) 7 or more
- _____ 3. I drink at least _____ cups of coffee or tea per day (excluding herbal tea).
(a) 2 or less (b) 3-4
(c) 5-6 (d) 7 or more
- _____ 4. I use _____ teaspoons of refined sugar per day.
(a) 4 or less (b) 5-8
(c) 9-15 (d) 16 or more
- _____ 5. I add salt to my food at meals (total shakes of a table salt shaker):
(a) 10 or less (b) 11-20
(c) 21-30 (d) 31 or more
- _____ 6. I eat chocolate (average-sized bar, 1 oz.):
(a) 1 bar or less/day (b) 2-3 bars/day
(c) 4-5 bars/day (d) 6 or more bars daily
- _____ 7. I eat a doughnut or pastry as my only breakfast food other than a beverage:
(a) 2 times/week or less (b) 3-4
(c) 5-6 (d) Every day



- _____ 8. I smoke tobacco.
- | | |
|---------------|----------------------------|
| (a) Never | (b) Less than a pack a day |
| (c) 1-2 packs | (d) More |
- _____ 9. I am exposed to the side stream smoke of others around me:
- | | |
|------------------|-------------------------|
| (a) Not at all | (b) Less than 1 hr./day |
| (c) 2-4 hrs./day | (d) More |
- _____ 10. When I am around even minimal cigarette or cigar smoking my eyes or nose become irritated.
- | | |
|----------------|-----------------|
| (a) Never true | (b) Seldom true |
| (c) Often true | (d) Always true |

Scoring: a=1, b=2, c=3, d=4 Score: _____



SELF-ASSESSMENT EXERCISE 5

TOTAL POINTS

A total score of 30 to 40 on Exercise 5 indicates habits which are conducive to stress, 20 to 29 indicates moderate stress levels, and a total score below 20 indicates low stress.



Noise

Self-Assessment Exercise 6

Listed are the noise levels of common activities that we are exposed to almost everyday. These are measured in decibels (dB) on an audiometric scale.

Calculate your average hourly noise level exposure for a typical 8-hour day, choosing your busiest 8-hour interval. Estimate how many hours, or fractions of one hour, you spend exposed to the listed activities during this period. Then multiply the hours by the dB(A) provided for each activity. Add up the column then divide the total by eight to get your average hourly exposure level to noise.

If you don't find exactly the right activity in the list provided, estimate a dB(A) value based on those sounds that may be similar. Once you have obtained your average hourly noise level, determine where you fall on the scale.

Activity	dB(A)	Hrs./Day
Rocket engine	180x	_____ = _____
Jet plane takeoff	150x	_____ = _____
Police /fire sirens at 100 feet	138x	_____ = _____
Pneumatic (air) drill at 5 feet	125x	_____ = _____
Live rock concert	125x	_____ = _____
Live rock music	115x	_____ = _____
Boiler room	110x	_____ = _____
Train passing at 10 feet	108x	_____ = _____
Heavy manufacturing plant	100x	_____ = _____
Riveting gun at 35 feet	100x	_____ = _____
Large truck at 90 feet	98x	_____ = _____
Household appliances	90x	_____ = _____
10hp outboard motor at 50 feet	88x	_____ = _____
Heavy freeway or city traffic at 5 feet	85x	_____ = _____
Bus ride	85x	_____ = _____
Stenographic room	75x	_____ = _____
Average assembly line	75x	_____ = _____
Inside average automobile	70x	_____ = _____
Department store	65x	_____ = _____
Average office	65x	_____ = _____
Classroom	64x	_____ = _____
Conversation at 3 feet	63x	_____ = _____
Average residential street	55x	_____ = _____
Air conditioner	55x	_____ = _____
Average domestic noises	48x	_____ = _____



Quiet radio at home	42x	_____	=	_____
Library	38x	_____	=	_____
Quiet auditorium	30x	_____	=	_____
Whisper at 5 feet	20x	_____	=	_____

Add 10 minutes for each time a noise or sound annoys you or disrupts your concentration on a task.

Total noise level = _____

Total noise level divided by 8 = _____. This is your average hourly noise level.



Personality

Self-Assessment Exercise 7

Choose the alternative that best summarizes how you generally behave, and place your answer in the space provided.

- ____ 1. When I face a difficult task, I try my best and will usually succeed.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 2. I am at ease when around members of the opposite sex.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 3. I feel that I have a lot going for me.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 4. I have a very high degree of confidence in my own abilities.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 5. I prefer to be in control of my own life as opposed to having someone else make decisions for me.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 6. I am comfortable and at ease around my superiors.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 7. I am often overly self-conscious or shy when among strangers.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 8. Whenever something goes wrong, I tend to blame myself.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true



- ____ 9. When I don't succeed, I tend to let it depress me more than I should.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- ____ 10. I often feel that I am beyond helping.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true

Scoring: 1-6: a=1, b=2, c=3, d=4
7-10: a=4, b=3, c=2, d=1

Score: _____

If you scored from 10 to 19 points, you have a strong self-concept. A score of 20 to 25 indicates a moderate self-concept. If you scored between 26 and 40, your self-concept appears to be in need of bolstering.



Type-A Behavior

Self-Assessment Exercise 8

Place your answer to each of the following questions in the space provided before each number.

Use the following scale to indicate your answer:

- A. Almost always true
- B. Often true
- C. Seldom true
- D. Almost never true

Answer Score

- | | | |
|-------|-------|--|
| _____ | _____ | 1. I hate to wait in lines. |
| _____ | _____ | 2. I often find myself "racing" against the clock to save time. |
| _____ | _____ | 3. I become upset if I think something is taking too long. |
| _____ | _____ | 4. When under pressure I tend to lose my temper. |
| _____ | _____ | 5. My friends tell me that I tend to get irritated easily. |
| _____ | _____ | 6. I seldom like to do anything unless I can make it competitive. |
| _____ | _____ | 7. When something needs to be done, I'm the first to begin even when the details may still need to be worked out. |
| _____ | _____ | 8. When I make a mistake it is usually because I've rushed into something without giving it enough thought and planning. |
| _____ | _____ | 9. Whenever possible I will try to do two things at once, like eating while working, or planning while driving or bathing. |
| _____ | _____ | 10. I find myself feeling guilty when I am not actively working on something. |

Score your answers:

A = 4 points

C = 2 points

B = 3 points

D = 1 point

Interpretation of Score:

26 – 40 points indicates a strong Type-A behavior pattern
20 – 25 points indicates a moderate Type-A behavior pattern
Less than 20 points indicates very low Type-A behavior pattern



ANXIETY

Self-Assessment Exercise 9

Choose the alternative that best summarizes how you usually react during anxious moments and place your response in the space provided.

WHEN I'M ANXIOUS I . . .

- _____ 1. Tend to imagine all the worst possible things happening to me as a result of whatever "crisis" made me anxious to begin with.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 2. Do everything I can to resolve the problem immediately; if I don't it will drive me crazy worrying about it later.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 3. Will relive in my mind the crisis over and over again even though the crisis may be over and resolved.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 4. Will be able to picture the crisis clearly in my mind as long as a week after it's over.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 5. Can feel my heart pounding in my chest.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 6. Feel my stomach sinking and my mouth getting dry.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 7. Notice that I sweat profusely.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true
- _____ 8. Notice my hands and fingers trembling.
(a) Almost always true (b) Often true
(c) Seldom true (d) Almost never true



- _____ 9. Have difficulty in speaking.
- | | |
|------------------------|-----------------------|
| (a) Almost always true | (b) Often true |
| (c) Seldom true | (d) Almost never true |
- _____ 10. Can feel my muscles tensing up.
- | | |
|------------------------|-----------------------|
| (a) Almost always true | (b) Often true |
| (c) Seldom true | (d) Almost never true |

SCORING: a = 4, b = 3, c = 2, d = 1

A total score of 26 to 40 on Exercise 9 would indicate a high degree of anxious reactivity. A score of 20 to 25 is average, and a score below 20 indicates low reactivity.