STRESS CHECKLIST

Directions: Rate the sources of your stress. Number 1 means you have low stress, 5 is high stress, and 3 would be average. Put an ✗ on the line to show the amount of stress you experience in each situation.

	Source	1	2	3	4	5
☐	SCHOOL	1	2	3	4	5
☐	PEER PRESSURE	1	2	3	4	5
☐	HOME	1	2	3	4	5
☐	BULLIES	1	2	3	4	5
☐	TEACHERS	1	2	3	4	5
☐	WORLD SITUATIONS	1	2	3	4	5
☐	SPORTS	1	2	3	4	5
☐	TESTS	1	2	3	4	5
☐	PUBLIC SPEAKING	1	2	3	4	5
☐	LOSS	1	2	3	4	5
☐	DISABILITY	1	2	3	4	5
☐	FRIENDS	1	2	3	4	5

Add any other sources of stress not listed above.

		1	2	3	4	5
☐	_____	1	2	3	4	5
☐	_____	1	2	3	4	5
☐	_____	1	2	3	4	5
☐	_____	1	2	3	4	5

Rank each situation from most stressful to the least stressful.

Write 1 in the square to indicate the situation you find most stressful, 2 for the next-most stressful, etc.