



Stress Management Inventory Self-Scorer

To score your test: Generate your total score by listing a '1' or a '0' in the blanks in the right-hand column below. Give yourself a '1' if you filled in a bubble in the shaded areas; otherwise give yourself a '0'. Count up the 1's and fill in your total score at the bottom of the column. The highest possible score is 28. If you scored lower than that, you can probably improve your motivational competencies.

To focus on specific competencies complete the four boxes below by circling the item numbers for which you received a score of '1'. In each box, count the 1's and fill in the blank with the total. If you scored below the maximum you may need to strengthen your skills within that particular competency area.

1.	1	2	3	4	5	
2.	1	2	3	4	5	
3.	1	2	3	4	5	
4.	1	2	3	4	5	
5.	1	2	3	4	5	
6.	1	2	3	4	5	
7.	1	2	3	4	5	
8.	1	2	3	4	5	
9.	1	2	3	4	5	
10.	1	2	3	4	5	
11.	1	2	3	4	5	
12.	1	2	3	4	5	
13.	1	2	3	4	5	
14.	1	2	3	4	5	
15.	1	2	3	4	5	
16.	1	2	3	4	5	
17.	1	2	3	4	5	
18.	1	2	3	4	5	
19.	1	2	3	4	5	
20.	1	2	3	4	5	
21.	1	2	3	4	5	
22.	1	2	3	4	5	
23.	1	2	3	4	5	
24.	1	2	3	4	5	
25.	1	2	3	4	5	
26.	1	2	3	4	5	
27.	1	2	3	4	5	
28.	1	2	3	4	5	

<p>1) Manages or reduces sources of stress. You routinely manage or reduce sources of stress, both real and possible, in your life.</p> <p>6 9 10 11 12 13</p> <p>18 19 21 22 24 Total 1's: _____/11</p>
<p>2) Practices relaxation techniques. You regularly practice a variety of relaxation techniques to prevent or relieve stress.</p> <p>1 2 3 14 15</p> <p>16 20 23 26 Total 1's: _____/9</p>
<p>3) Manages his or her thoughts. You manage your thoughts in order to reduce the likelihood that you will perceive events as threatening.</p> <p>4 27 28 Total 1's: _____/3</p>
<p>4) Plans and analyses to minimise stress. You practice self-management techniques, avoid destructive methods of stress management, and take a proactive approach to stress management.</p> <p>5 7 8 17 25 Total 1's: _____/5</p>

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TOTAL SCORE: _____ / 28