

Name _____ Section _____ Date _____



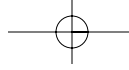
WELLNESS WORKSHEET 13

Time Stress Questionnaire

The following list describes time-related difficulties people sometimes experience. Please indicate how often each is a difficulty for you, using the numbers shown:

- 0 **Seldom or never a difficulty for me**
- 1 **Sometimes a difficulty for me**
- 2 **Frequently a difficulty for me**
- _____ My time is directed by factors beyond my control
- _____ Interruptions
- _____ Chronic overload—more to do than time available
- _____ Occasional overload
- _____ Chronic underload—too little to do in time available
- _____ Occasional underload
- _____ Alternating periods of overload and underload
- _____ Disorganization of my time
- _____ Procrastination
- _____ Separating home, school, and work
- _____ Transition from work or school to home
- _____ Finding time for regular exercise
- _____ Finding time for daily periods of relaxation
- _____ Finding time for friendships
- _____ Finding time for family
- _____ Finding time for vacations
- _____ Easily bored
- _____ Saying “yes” when I later wish I had said “no”
- _____ Feeling overwhelmed by large tasks over an extended period of time
- _____ Avoiding important tasks by frittering away time on less important ones
- _____ Feeling compelled to assume responsibilities in groups
- _____ Unable to delegate because no one to delegate to
- _____ My perfectionism creates delays
- _____ I tend to leave tasks unfinished
- _____ I have difficulty living with unfinished tasks
- _____ Too many projects going at one time

(over)



WELLNESS WORKSHEET 13 — continued

- _____ Getting into time binds by trying to please others too often
- _____ I tend to hurry even when it's not necessary
- _____ Lose concentration while thinking about other things I have to do
- _____ Not enough time alone
- _____ Feel compelled to be punctual
- _____ Pressure related to deadlines

Scoring

Add your scores and find your rating below.

- 0-9 Low difficulty with time-related stressors
- 10-19 Moderate difficulty with time-related stressors
- 20 or more High difficulty with time-related stressors

Now go back and underline the five most significant time-related stressors for you. Identify two concrete strategies you can take to help relieve each of these key stressors.

Stressor 1: _____

- 1. _____
- 2. _____

Stressor 2: _____

- 1. _____
- 2. _____

Stressor 3: _____

- 1. _____
- 2. _____

Stressor 4: _____

- 1. _____
- 2. _____

Stressor 5: _____

- 1. _____
- 2. _____

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