

**FIND YOUR TENSION TRIGGERS**

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Circle whether you disagree, agree, or strongly agree with each statement.

	AT HOME			OUTSIDE OF HOME		
<b>PERSONAL RESOURCES</b> build inner strength and are utilized during periods of stress.	DIS— AGREE	STRONGLY AGREE	STRONGLY AGREE	DIS— AGREE	STRONGLY AGREE	STRONGLY AGREE
I feel good about myself.	1	2	3	1	2	3
I have reasonable control over events.	1	2	3	1	2	3
I am usually optimistic about the future.	1	2	3	1	2	3
I have adequate physical stamina.	1	2	3	1	2	3
I feel a strong sense of commitment.	1	2	3	1	2	3
I have adequate finances and tools to meet important goals.	1	2	3	1	2	3
	Total of numbers circled above. _____			Total of numbers circled above. _____		

	AT HOME			OUTSIDE OF HOME		
<b>SOCIAL RESOURCES</b> are necessary for strong, healthy interpersonal relationships.	DIS— AGREE	STRONGLY AGREE	STRONGLY AGREE	DIS— AGREE	STRONGLY AGREE	STRONGLY AGREE
I am valued by others with whom I associate.	1	2	3	1	2	3
I have someone with whom I feel close.	1	2	3	1	2	3
I have someone on my side to talk to.	1	2	3	1	2	3
I am comfortable asking for help.	1	2	3	1	2	3
I have opportunities to gain things I value.	1	2	3	1	2	3
I provide others with emotional support and help with tasks.	1	2	3	1	2	3
	Total of numbers circled above. _____			Total of numbers circled above. _____		

## **ANALYSIS**

A balance of social and personal resources is important for coping with stress.

**Scores below 10** in any of the above categories indicate a weak area for stress resistance.

**Scores between 10 and 14** indicate a good resource pool.

**Scores above 14** reflect areas of strength.

Use these numbers to target areas for resource enrichment.

For very low scorers, it is advisable to seek help from a mental-health professional, physician, or clergy member. The ability to reach out for help is, in itself, a valuable resource.

*Quiz developed by Kent State University professor Stevan Hobfoll, Ph.D., who believes developing greater social and personal resources is the key to combating stress.*