

Stress Vulnerability Survey

<u>Always</u>	<u>Frequently</u>	<u>Sometimes</u>	<u>Seldom</u>	<u>Never</u>	
_____	_____	_____	_____	_____	1. I have sufficient friendships to meet my social and emotional needs.
_____	_____	_____	_____	_____	2. I have accessible family members on whom I can depend.
_____	_____	_____	_____	_____	3. I have sufficient, reciprocal loving relationships in my life.
_____	_____	_____	_____	_____	4. I have a spiritual belief which provides comfort and offers guidance.
_____	_____	_____	_____	_____	5. I honor my feelings and express them easily and appropriately.
_____	_____	_____	_____	_____	6. I am able to directly confront an issue I have with a:
_____	_____	_____	_____	_____	friend
_____	_____	_____	_____	_____	co-worker
_____	_____	_____	_____	_____	family member
_____	_____	_____	_____	_____	neighbor
_____	_____	_____	_____	_____	7. I am comfortable with my income.
_____	_____	_____	_____	_____	8. I am able to manage my debt.
_____	_____	_____	_____	_____	9. I pay attention to my diet and carefully choose an appropriate balance of foods from the basic food groups.

Stress Vulnerability Survey (Continued)

<u>Always</u>	<u>Frequently</u>	<u>Sometimes</u>	<u>Seldom</u>	<u>Never</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

- 10. I am able to get to sleep easily and get the appropriate amount for my age and energy needs.
- 11. I create adequate time for myself.
- 12. I follow a regular exercise program that combines aerobics and strength training.
- 13. I abstain from smoking.
- 14. I abstain from using illegal drugs.
- 15. I monitor and control my alcohol intake.
- 16. I monitor and control my caffeine intake (coffee, tea, soda pop, chocolate).
- 17. I am comfortable with my life balance choices (work, family, social, personal, community).
- 18. I am in good health for my age and body type.
- 19. I enjoy my life’s work.
- 20. I have adequate support to succeed at my job.