

STEP 1

ANALYSING YOUR PERSONALITY AND STRESS TYPE

STRESS SKILLS?

OR

STRESS ILLNESS?

Below are a series of statements with two possible descriptions of extreme behaviours. Please describe how you *usually behave* by circling the number that *best describes your behaviour*.

I never mind leaving things temporarily unfinished.	1 2 3 4 5 6 7	I must always get things finished once I start them.
I am always calm and unhurried about appointments leaving ample time to arrive punctually.	1 2 3 4 5 6 7	I am always rushing to get to appointments, making it 'just on time' or 'nearly on time'.
I am not competitive.	1 2 3 4 5 6 7	I am highly competitive.
I listen well and let others finish speaking.	1 2 3 4 5 6 7	I anticipate others in conversation (interrupt, finish sentences for the other).
I am never in a hurry, even when I am pressured.	1 2 3 4 5 6 7	I am always in a hurry.
I can wait calmly eg. in queues, traffic.	1 2 3 4 5 6 7	I feel uneasy when waiting.
I am easy-going.	1 2 3 4 5 6 7	I always go full-speed ahead.
I always take one thing at a time.	1 2 3 4 5 6 7	I always try to do more than one thing at a time, think about what to do next, eat while working.
My speech is slow and deliberate.	1 2 3 4 5 6 7	My speech is vigorous and full of gestures.
I try hard to satisfy myself not others.	1 2 3 4 5 6 7	I want recognition by others for a job well done.
I am slow doing things.	1 2 3 4 5 6 7	I am fast doing things.
I am an easygoing person.	1 2 3 4 5 6 7	I am a hard driving person.
I can express feelings openly.	1 2 3 4 5 6 7	I tend to hold feelings in.
I have a large number of interests.	1 2 3 4 5 6 7	I have few interests outside work.
I am satisfied with my job.	1 2 3 4 5 6 7	I tend to be ambitious, want quick promotion in my job.
I never set my own deadlines.	1 2 3 4 5 6 7	I often set my own deadlines.
I only feel limited responsibility for most things.	1 2 3 4 5 6 7	I always feel very responsible for everything.
I never judge things in terms of numbers.	1 2 3 4 5 6 7	I often judge performance in terms of quantity.
I am casual about work.	1 2 3 4 5 6 7	I take work very seriously.
Total your score here		Interpret your score on the next page

SCORE YOUR **INTERNAL** STRESS TYPE

AND

YOUR HEALTH RISK LEVEL

Scores for your Stress Type	HEALTH RISK LEVELS
(110 – 140) Very impatient, fast talking, competitive, aggressive, insecure, but appears confident	Marked Type A Health Risk Possibly high risk of stress illness, especially if over 40 or smoking
(80 – 109) Moderately impatient, hostile, competitive and insecure	Moderate Type A Health Risk Possibly stress illnesses prone
(60 – 79) Balancing competing pressures and demands	Mixture of Type A Stress Pattern and Type B Behaviour Pattern You need to recognise the risk of increasing A Behaviours
(30 – 59) Moderately relaxed, easy-going and conscientious, less competitive, less hostile	Moderate Risk Type B Health Risk Probably coping adequately, with less risk of stress illnesses
(19 – 29) Very easy-going, relaxed, trusting and cooperative	Low Type B Health Risk Probably low risk of stress illnesses
(0 – 18) Tends to bottle up emotions, avoid conflict and challenge, anxious to please, can't say no	Marked Type C Health Risk May have high risk of other illnesses and psycho-social stress

*Now go to Step 2 to discover your **EXTERNAL** Stress Danger Zones.*