

B. Daily Hassles Worksheet

Instructions: Think about your day today. Is anything causing you to be upset or worried? Are you working on a timeline? Is today one of those days that you have too many things on your to-do list? Check the list below and assign a value based on the duration of the aggravation or situation. If the situation or problem lasts an hour or less, assign a number value of 1. If it lasts for a few hours, give it a 3. If the situation lasts more than 3 hours, assign it a value of 5. If you are not experiencing a situation that is listed, leave it blank.

Scale: 1 hr or less = 1 2 or 3 hrs = 3 >3 hrs = 5

Interpersonal Stress

(fight, disagreement, feeling upset, etc.)

- Feeling aggravated or frustrated
- Feeling hurt or angry
- Feeling sad or tearful
- Feeling misunderstood or unappreciated

Time Stress

(busy, late, too little time, etc.)

- Got up late, in a rush
- Stuck in traffic
- Hit a roadblock (literally or figuratively)
- No time during day for breaks for relaxation
- Pushing yourself all day to get something finished

Performance Stress

(giving a talk, paper, presentation, party, etc.)

- Feeling nervous before, during, or after the event
- Thinking about the situation before or after

Work Stress

(too much to do, don't know how to do it, etc.)

- Been on your feet
- Feeling aggravated by your boss, coworkers, or tasks
- Fearful of not meeting a deadline or too much to do today
- Facing threat of reprimand, loss of job, major failure

Mental Stress

- Worried about what you said or want to say to someone
- Being self-critical or judging yourself for something
- Mind is active, challenged, trying to solve problems
- Worried that you will not get something you really want

Emergency and Physical Types of Stress

- Had an accident (car or other)
- Encountered a major weather problem
- You or someone close to you is sick or worse
- Pain in back, neck, or other part of your body
- Poor sleep, tired all day

Fears and Threats

- Financial problems of concern
- Fear something bad will happen
- Fear of harm or major loss

Other Situations or Aggravations

- _____
- _____
- _____

B = TOTAL OF ALL STRESSES TODAY _____