



Stress Coping Skills Assessment

We all have stress. Stress is a part of daily life, and even “good” stress is still stress. This is why, when it comes to stress, our goal is not to eradicate it, but to learn to manage it well. When your stress management skills are under-utilized or compromised, then the stress that is an accepted part of every day life can instead become a major obstacle that interferes with your quality of life and ability to achieve your goals.

Taking an occasional pause to evaluate how well your stress coping skills are working can be a smart game plan for putting stress in its proper place. A simple assessment like the one below can offer you the insight you need to determine how you are coping with the presence of stress in your life.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Stress Coping Skills Assessment report.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
 Less True More True

1. Most days, I have at least a few thoughts that I feel I cannot control about how overwhelmed I feel.	
2. I frequently find myself telling friends and family members how incredibly stressed I feel.	
3. My common response to a high level of stress is to emotionally or physically shut down.	
4. I know that I need to make some major changes to reduce my overall stress, however, I have not yet done so.	
5. I am sure that other people are much better at coping with difficult situations than I am.	
6. I often find myself dropping one of the many balls that I try to juggle.	
7. In the past month at least one person has told me that I need to learn how to relax.	
8. When I become overwhelmed with responsibilities, I tend to stop doing things for myself. For instance, I stop exercising, preparing healthy meals, or spending time with friends.	
9. I often find myself daydreaming, procrastinating, or doing a mindless activity when I need to	



take care of something, such as paying a bill.	
10. I frequently overeat or eat unhealthy foods such as fast food when I am feeling stressed out.	
11. I commonly have thoughts like, "maybe I'm just not capable of dealing with so much."	
12. When I feel weighed down, I have a tendency to take it out on others by acting irritable, annoyed, or impatient.	
13. When feeling a high degree of stress, I find that I drink more than two drinks with caffeine or alcohol per day to either perk me up or make me feel more relaxed.	
14. It is typical for me to avoid dealing with important activities if they make me feel uncomfortable, nervous, or frustrated.	
15. I do not rely on any supportive people because I am afraid that they will not understand what I'm going through or that they are so busy with their own lives that they will not want to hear what I'm going through.	
16. When I become stressed, I get a short fuse. I either yell at people when I'm driving, am short with salespeople, or argue with colleagues at work.	
17. I know that I need to relax, and sometimes I try to, but I find that I do not know how to unwind.	
18. It seems that my problem-solving skills are not so good.	
19. Others have told me that I engage in poor coping behaviors that do not really help me to cope.	
20. On a typical day, I have several thoughts such as "I do not even have an idea where to start with all the things I need to do."	
21. I do <i>not</i> have a number of ideas of activities which are soothing, enjoyable, or sociable for me.	
22. Some people close to me have recently told me that I am not my usual self.	
23. I start to have physical problems when I feel stressed, such as headaches, stomachaches, or muscle tension that I am not able to relieve.	
24. I am not good at prioritizing tasks and I often feel like I need to do everything right away.	
25. When I feel stressed, I tell myself that I should get more sleep, but am often not able to.	



26. I avoid talking with people about all that I need to do because I am so behind that I think it would be pointless to get into it.	
27. My coworkers or friends have said that I lose focus under pressure and do not pay attention well when deadlines are looming.	
28. When there is too much to do, I let things pile up. The laundry piles up, papers on my desk stack up, or phone calls to return collect on my desk.	
29. I am sure that I am not someone who handles life's many pressures as well as other people do.	
30. Many times I think I am coping well with a stressful life, only to have something happen that shows me I cannot manage the stress.	

My Name Is:	
My Email Address Is:	

Assessment Developed by: Milana Leshinsky and Larina Kase, Psy.D., M.B.A.

Look forward to your Stress Coping Skills Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center