



Evaluate your level of stress

For each column, calculate the number of x you wrote in this column and multiply this number by the number of the column (for example, 3 X in column number 2 give 6 point (3 x 2). Once this is done, just add up all the numbers and this will give you your final score.

SHORT SCALE OF STRESS EVALUATION (Cungi 1997)	Not at all	A bit	Somewhat	Fair enough	A lot	Extremely
	1	2	3	4	5	6
1. Am I sensitive, especially to other's judgments?						
2. Do I get angry easily?						
3. Am I a perfectionist? Do I have a tendency not to be satisfied of what I or the others have done?						
4. Do I have high heart rate, sweating, tremors, muscle shaking for example on the face, the eyelids?						
5. Do I feel my muscles tensed? Do I feel my jaw tense, my face or my body in general?						
6. Do I have sleeping troubles?						
7. Do I feel anxious or often worried?						
8. Do I have physical symptoms such as digestives problems, pain of any kid, headaches, allergy, eczema?						
9. Do I feel tired?						
10. Have I more serious health issues such as stomach ulcer, skin conditions, cholesterol, high blood pressure, heart disease?						
11. Do I smoke or drink alcohol to stimulate myself or to calm down? Do I use medication for this purpose?						
Total by column						
TOTAL						

Results :

- Between 11 and 19 my stress level is very low
- Between 19 and 30 my stress level is low
- Between 30 and 45 my stress level is high
- Above 45, my stress level is very high