



ESTIMATE YOUR OWN STRESS LEVEL

You can get some indication of your own level of uncontrolled stress by completing the following questionnaire - Be as truthful as you can.

You are asked to respond to the following questions by ticking A, B, or C.

- (a) indicates 'most of the time';
- (b) indicates 'almost infrequently';
- (c) indicates 'almost never'.

QUESTION	A	B	C
Do you feel irritable for no good reason?			
Do you feel that you are building up anger against someone?			
Do you feel that other people are against you?			
Do you have feeling that you are being neglected?			
Do you dislike being physically touched?			
Do unfamiliar people or places make you afraid?			
Do you feel bad about how you look?			
Do you dislike yourself?			
Do you have a sense of failure about yourself?			
Do you lack self-confidence in specific areas of your life?			
Do you feel disinterested in specific areas of your life?			
Do you feel unable to cope with life?			
Do you feel trapped?			
Do you cry or feel like crying for no			

good reason?			
Do you find it difficult to concentrate?			
Do you have dizzy spells for no good reason?			
Do you have headaches?			
Do you have neck aches?			
Do you bite your fingernails?			
Do you have unexpected feelings of tiredness?			
Do you have problems with sleeping?			
Do you fidget?			
Do you feel that you need to escape from your life?			
Do you find it difficult to make decisions?			
Do you lack confidence in yourself in general?			

TOTAL

How to score:

For every tick in column (a) give a score of 4

For every tick in column (b) give a score of 1

For every tick in column (c) give a score of 0

If your score is 20 or below you are experiencing the normal stress of life and most of the time responding adequately.

If your score is between 20 and 50 you are experiencing some uncontrolled stress. Most of the time you will appear to others to be coping well. However, you are aware of high stress levels from time to time.

If your score is between 50 and 80 you are probably experiencing most of the symptoms of uncontrolled stress.

If your score is over 80 you might get help from the stress management and stress reduction action plans.

Question 1

Read Exodus 18:13-18. What was Moses attempting that Jethro advised was not good?

Question 2

What areas in your own life are you carrying on your own (spiritually, emotionally, relationship, financially)?

Question 3

What possible ways could a coach/mentor or Life Group, assist in helping you carry your spiritual load?

Question 4

Read Exodus 18:19-22. What was Jethro's solution to Moses' dilemma?

Question 5

Consider the principle: PLUS, MINUS, EQUAL

Plus: Find someone who can teach you

Minus: Find someone that you can teach

Equal: Find someone that can challenge you.

Can you list people who are currently your plus, minus and equal? If not, who are some people that can fulfil these roles?
