

DAILY HASSLES AND STRESSES

Hassle/Stress	A Part of my life	Not a part of my life
Disliking your daily activities		
Lack of privacy		
Disliking your work		
Ethnic or racial conflict		
Conflicts with in-laws or partner's family		
Being let down or disappointed by friends		
Conflict with supervisor(s) at work		
Financial conflicts with friends or co-workers		
Social rejection		
Too many things to do at once		
Being taken for granted		
Financial conflicts with family members		
Having your trust betrayed by a friend		
Having your contributions overlooked		
Not enough leisure time		
Being taken advantage of		
Financial difficulties		
A lot of responsibilities		
Dissatisfaction at work		
Not enough time to meet your obligations		
Experiencing high levels of noise		
Putting in an effort to get ahead		
Conflicts with family member(s)		
Finding your work too demanding		
Conflicts with friend(s)		

DAILY HASSLES AND STRESSES

Hassle/Stress	A Part of my life	Not a part of my life
Unwanted interruptions of your work		
Social isolation		
Being Ignored		
Finding work uninteresting		
Unsatisfactory housing conditions		
Others gossiping about you		
Car problems		
Hard work to look after and maintain your home		
Getting "ripped off" or cheated on the purchase of goods		
Adjustments to living with an unrelated person(s)(e.g., roommate)		
Lower evaluation of your work than you think you deserve		
Struggling to meet other people's standards of performance and accomplishment		
Struggling to meet your own standards of performance and accomplishment		
Having your actions misunderstood by others		
Other:		